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MARCH/APRIL 2016, ISSUE 62
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New horizons

While working on a new issue, I like to cook as many of the recipes as I can. When my vegie fritters started disappearing faster than I could make them, I knew we had a cover star. The culprits were my daughter, who hates anything with eggs, and my son, who hates anything containing vegetables.

'Huh, not bad,' he grunted as he stuffed another one in his gob. Which is teen speak for 'Mother, these are really quite delicious!'

Sometimes it's good to try something new – you never know what will happen. Speaking of which, if you're trying to get into shape, take inspiration from *Get fit at any age* (page 92). These legends were in their 50s, 60s and 70s when they took up new activities that transformed their bodies and health. If they can do it, we can too. All it takes is that first small step...

On that note, it's time for me to step away from *DL*. It's been a privilege to lead the magazine for the past two years. Living with diabetes can be tough, but you, our readers, amaze us with your optimism, humour and generosity. Thank you for sharing your stories and being part of one of the most meaningful jobs of my life. You have my eternal respect and my gratitude for welcoming me into your lives. Much love to you all.

Mara

Mara Lee, **Editor**

JOIN US ON FACEBOOK NOW!

You can have your say about this issue of *Diabetic Living* and tell us more about the topics you'd like to see covered. Simply visit our Facebook page (facebook.com/australiandiabeticlivingmagazine) and 'like' us to stay in the loop.

Look out for our next issue, on sale 7 April

3 things to try *in this issue*

1. Michael Moore's recipes

The celebrity chef, who has type 2, shares his story – and his mouth-watering recipes – in a super cut out and keep special.

2. Beetroot cupcakes

We've found some surprising ways to make your favourite chocolate treats that little bit healthier. You're welcome!

3. Change4Life

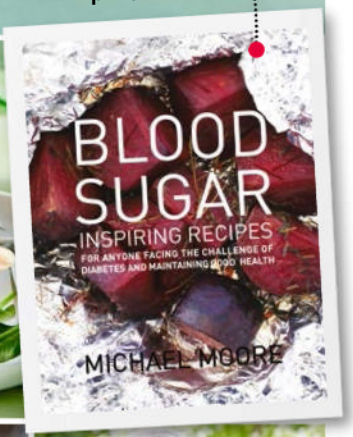
Keep spreading the word about our campaign, brought to you by TRUE equal

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

Get ready for a fitter new you (age not relevant), p92

BONUS recipes from a (type 2) celebrity chef, p129

Worth getting up for, p83



Super salad, p61

'I had to change', p102

Heaven on a spoon, p37

Contents

MARCH/APRIL 2016, ISSUE 62

SUBSCRIBE TODAY! Don't miss an issue of *Diabetic Living* (page 28).

REGULARS

3 **Editor's note**
8 **Here to help** Our expert team
10 **You tell us** Your letters
13 **News/Q&A** Health, Nutrition, Exercise, Kids
21 **Be inspired** The type 1 blogger connecting people worldwide
122 **Feel better in 5** Simple can-do tips for top-to-toe health
148 **Good to know** Fast facts
154 **Postcards from the shed** Rob Palmer on the ups and downs of every stage of life

LIVING WELL

23 **It's time to change lives!** The second step in our campaign to tackle type 2
92 **Yes, you can! Get fit at any age** Four inspirational people who found fitness after 50
98 **The next step: moving on to meds** All you need to know about type 2 medications
107 **Let's talk about better testing** BGL monitoring myths busted
110 **How to ace diabetes on your own** Tips for healthy solo living
115 **Step to it: your guide to happy, healthy feet** We help you put your best foot forward
118 **Pain, pain go away** What's really causing your headaches?
152 **Memo to the universe…** What our readers wish people knew about living with diabetes

MY STORY

102 **'I stressed my way to diabetes'** Single mum Lucy Tumanow-West was too busy to worry about her health – until she was diagnosed with type 2
104 **'We want to turn type 1 into type none!'** Meet the Aussie family trekking New Zealand to raise money for type 1 research

FOOD

30 **5 (surprising!) ways with chocolate** Dreamy desserts with unexpected ingredients
40 **Home delivery** Make your own healthy Chinese dishes in less time than it takes to order out
48 **Greener pastures** Fresh and fabulous vegetarian meals
56 **Cooking for one** Top nosh you can make in a flash
62 **Baker's delight** Gluten-free goodies for the whole family
70 **7 days, 7 dinners** Your weekly menu, shopping list and tips
82 **Get cracking!** How to whip up the perfect poached egg
84 **Menu planner** Your guide to weekly meals and snacks
86 **Culture club** Our pick of the best supermarket yoghurts
88 **Food bites** Eat better, shop better, live better
90 **Food that works for you** All your recipe info
150 **Recipe index**

ON THE COVER

129 **Bonus celebrity chef recipes special**
91 **Your good health guide** Small steps, big results!
30 **50+ fast & fresh everyday meals**
5 **All-day vegie fritters with avocado yoghurt** Breakfast, lunch or dinner in a flash
92 **Shape up at any age** 40s, 50s, 60s, 70s… It's never too late!
104 **Extreme trekking with type 1** No worries!

on the cover

How our food works for you
see page 90

nutrition info
PER SERVE 1689kJ, **protein** 19g, **total fat** 16g (sat. fat 3.7g), **carbs** 37g, **fibre** 18g, **sodium** 336mg.
- **Carb exchanges** 2½.
- **GI estimate** low.

Very vegie fritters with avocado yoghurt

PREPARATION TIME: 20 MINS
COOKING TIME: 25 MINS
SERVES 4 (AS A MAIN)

1 Tbsp extra virgin olive oil
2 corncobs, husks and silk removed, kernels cut off
200g broccoli (stem included), finely chopped
1 clove garlic, crushed
2 tsp ground cumin
2 large zucchini, coarsely grated, excess moisture squeezed out
3 carrots, peeled, coarsely grated
2 green shallots, finely chopped
3 x 50g eggs, lightly whisked
80g (½ cup) wholemeal self-raising flour
20g finely grated parmesan
Freshly ground black pepper, to season
25g (1 cup) rocket or baby spinach leaves, to serve
Mint leaves, to serve
250g punnet grape or cherry tomatoes, halved, to serve
Lime wedges, to serve

Avocado yoghurt

3 Tbsp low-fat Greek-style plain yoghurt
½ ripe avocado, mashed until smooth
2 tsp freshly squeezed lemon juice

1 **Heat 1 tsp of the oil** in a large non-stick frying pan over a medium-high heat. Add corn, broccoli and garlic. Cook, stirring, for 3-4 minutes or until vegies begin to soften. Add cumin and cook, stirring, for 1 minute. Transfer to a bowl. Wipe out pan with paper towel.

2 **Combine zucchini,** carrot and shallot in a large bowl. Add egg and mix until well combined. Add flour and parmesan and mix well.

3 **Add corn** mixture to zucchini mixture. Season with pepper and mix until well combined. Set aside for 10 minutes.

4 **Heat a little of the remaining oil** in the same frying pan over a medium heat. Add 4 x ¼ cupfuls of the mixture to the pan, pressing out a little to form circles. Cook for 3 minutes or until golden brown underneath. Carefully turn over and cook for a further 2 minutes or until cooked through. Transfer to a serving plate and cover loosely with foil to keep warm. Repeat with remaining oil and batter to make 16 fritters in total.

5 **To make avocado yoghurt,** combine yoghurt, avocado and lemon juice in a small bowl.

6 **To serve,** divide rocket or spinach leaves between serving plates. Stack 4 fritters on each serving plate and spoon over avocado yoghurt. Sprinkle over mint leaves and serve with tomato and lime wedges. ■

RECIPE ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS
STYLING VIVIEN WALSH **FOOD PREPARATION** WENDY QUISUMBING

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Here to *help*

Meet our experts – they'll advise you on all aspects of your ***diabetes management***

Introducing... *Dr Kate Marsh*

Accredited Practising Dietitian, Northside Nutrition and Dietetics, Chatswood, NSW

What is a dietitian?

An Accredited Practising Dietitian (APD) is a university-trained nutrition professional. APDs are experts in nutrition and dietetics (the prescription of medical diets).

How can a dietitian help me with my diabetes?

Eating well is an important part of managing diabetes. Your dietitian will help you learn more about how different foods affect your blood glucose levels (BGLs) and health, which in turn can help you gain greater control over your diabetes.

How often should I see one?

You should see a dietitian a few times when you are first diagnosed. After that, think of them as a long-term partner in your diabetes care.

Their knowledge of nutrition is always expanding, new food products are constantly appearing on the shelves and your circumstances can change and affect your eating habits or nutritional needs.

So think about your dietitian like you do the dentist – it's a good idea to go along every six to 12 months for a 'check-up' just to make sure you are on the right track, to find out if there is any new information you should know about and to ask any questions you may have.

Where can I find a dietitian and what does it cost?

APDs can be found in public and private hospitals or in private practice. In a public hospital there is no charge, although due to growing numbers, some hospitals now only provide group sessions.

If you see a dietitian in private practice, you will pay a fee ranging anywhere from $120-$200 for an initial consultation, and $60-$100 for follow-up appointments.

If you have private health insurance, you may be able to claim some fees back. There are also rebates available through Medicare if your GP develops a Management Plan for you. To find an APD in your area visit daa.asn.au

OUR EXPERTS

Dr Sultan Linjawi
Endocrinologist
A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW.
lintanhealth.com.au

Christine Armarego
Exercise physiologist
At her clinic, Christine focuses on exercise as a way to improve BGLs.
theglucoseclub.com.au

Dr Janine Clarke
Psychologist
Janine is in private practice at Mend Psychology and The Sydney ACT Centre.
mendpsychology.com.au

Dr Gary Deed
General practitioner
Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Dr Angus Turner
Ophthalmologist
Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA.
outbackvision.com.au

Danielle Veldhoen
Podiatrist
Danielle works at the Diabetes Centre at Royal Prince Alfred Hospital. ■

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star letter

BACK ON THE WAGON

I was diagnosed with type 2 diabetes about six years ago. It took me some time to get things under control as it is a whole lifestyle change. I have since lost 47 kilos, but I still have a long way to go.

Last year I fell off the wagon, so to speak. That's when I picked up a copy of *DL*. The recipes are easy to follow and quick to prepare – exactly what I needed. So thank you, *DL* – your magazine has inspired me to get back on my path.
Rachel Taylor, NSW

RACING OVER HURDLES

I'd like to say a huge thank you to *DL* for your innovative and creative articles. They have literally changed my life since I was put on insulin. I really value the input from professionals on how best to manage my day-to-day diabetes needs. I also like being informed about new products, and I love that the recipes are diabetes-friendly, simple and inexpensive.

Reading the magazine gives me a wonderful insight into the diabetes experiences of others. I realise now that I am not alone, that being insulin dependent is not insurmountable, there is no obstacle that can't be tackled and that support is always there. It's simply the best magazine around for diabetes management.
Gwen James, SA

READ ALL ABOUT IT

I have type 1 and I look forward to each new issue of *DL*. Every issue contains simple explanations and the advice is easy to follow. I find all the stories beneficial, and I'm sure other people with any type of diabetes would agree.
Kym Tweedie, Qld

BYE-BYE, BORING FOOD!

I love *DL* because it has fantastic recipes and lots of helpful information about healthy living. My husband has diabetes and I really hated the food he ate – it was so boring – until I discovered the ideas in your great mag. I have now lost 20kg and love the way we eat.
Bernardette Jones, via email

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Everyday heroes

My big, brave grandson was diagnosed with type 1 at five years old. He's come so far, and his mum is a hero!

– Sharon Harris

Find your inner strength

Diabetes makes us stronger people. Take each day as it comes and work with it. Live, love and learn!

– Giuseppina Raco

MY GO-TO HYPO HELPER

I changed to TRUEplus glucose tablets from jelly beans when I quit sugar. No fructose means no cravings, so they help stop me eating the whole pantry when I have a hypo!

– Karen Kolleth

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TRUE OR FALSE...

Does hand sanitiser actually help keep colds and flu at bay?

TRUE: Hand sanitiser is a convenient alternative to washing with water when you need to remove bacteria and other disease-causing microbes, according to NPS MedicineWise. Alcohol-based products containing 60 to 95 per cent ethanol or isopropanol have been found to be effective in targeting many viruses, bacteria and other microbes that spread infection in the community. Even better? Studies have reported that alcohol-based hand sanitisers are less irritating and drying to the skin than soap and water, and the addition of moisturisers further reduces irritation.

4

The minimum temperature (in degrees Celsius) for storing insulin. Any colder and it may freeze!

Ask DR LINJAWI

I experience numerous hypos (low blood glucose levels) each week. How can I reduce this frequency?

A: Hypos only occur if you have more insulin than you need for the amount of glucose circulating in your blood. A number of circumstances can cause this spike, including exercise, diet, illness, dose adjustments, variances in insulin absorption, digestive variances, hormonal fluctuations and weight loss.

To identify why and when the hypos are occurring, record your BGLs, diet (carb counts), periods of activity or illness, insulin and other medication doses and times, plus your weight. Do this for one week to see if you can identify any patterns in hypoglycaemia yourself, or take this information to your diabetes team for assessment.

Women who are yet to go through menopause may find it useful to record this information throughout one or two menstrual cycles to identify whether hormonal fluctuations could be the cause. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Animal instinct

For an instant health boost, spend time with a furry friend! Pets can help lower blood pressure, relieve feelings of depression and even decrease stress levels. Win-win-win!

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Time for tea

Here's a new reason to put the kettle on – research suggests women who drink three or more cups of black tea a day are 30 per cent less likely to break a bone than women who drink less than one cup a week.

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TREND ALERT

CAMEL'S MILK

Almond, rice, soy… camel. It's the newest milk in town but this nutritious drink has been enjoyed in North Africa, the Middle East and Asia for centuries. It could also be beneficial if you have diabetes. 'Early studies suggest camel's milk may require less insulin due to a lower blood sugar response than cow's milk,' says *DL* dietitian Lisa Urquhart. Visit camelmilknsw.com for more.

Ask DR MARSH

I've been trying to eat low-GI foods, which my doctor says will help manage my blood glucose levels. Are wholegrain foods low GI?

A: Wholegrain foods are high in fibre and rich in vitamins and minerals, but they are not necessarily low GI.

- **What are wholegrain foods?** These foods contain all the components of the grain – the inner, middle and outer layers – but the grains may be intact, cracked or milled. This processing can alter the food's GI. Wholemeal and wholegrain breads are both considered wholegrain foods as they contain the entire grain. However, the grains in wholegrain bread are intact, giving it a low GI. In wholemeal bread, the grains have been milled to a fine texture, so the bread has a higher GI.
- **Which foods should I choose?** For optimal health and GI benefits, choose oat-based cereals such as porridge and muesli over high-fibre cereals where the grains have been puffed and flaked. Go for wholegrain breads and grains such as barley, cracked wheat and quinoa. ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

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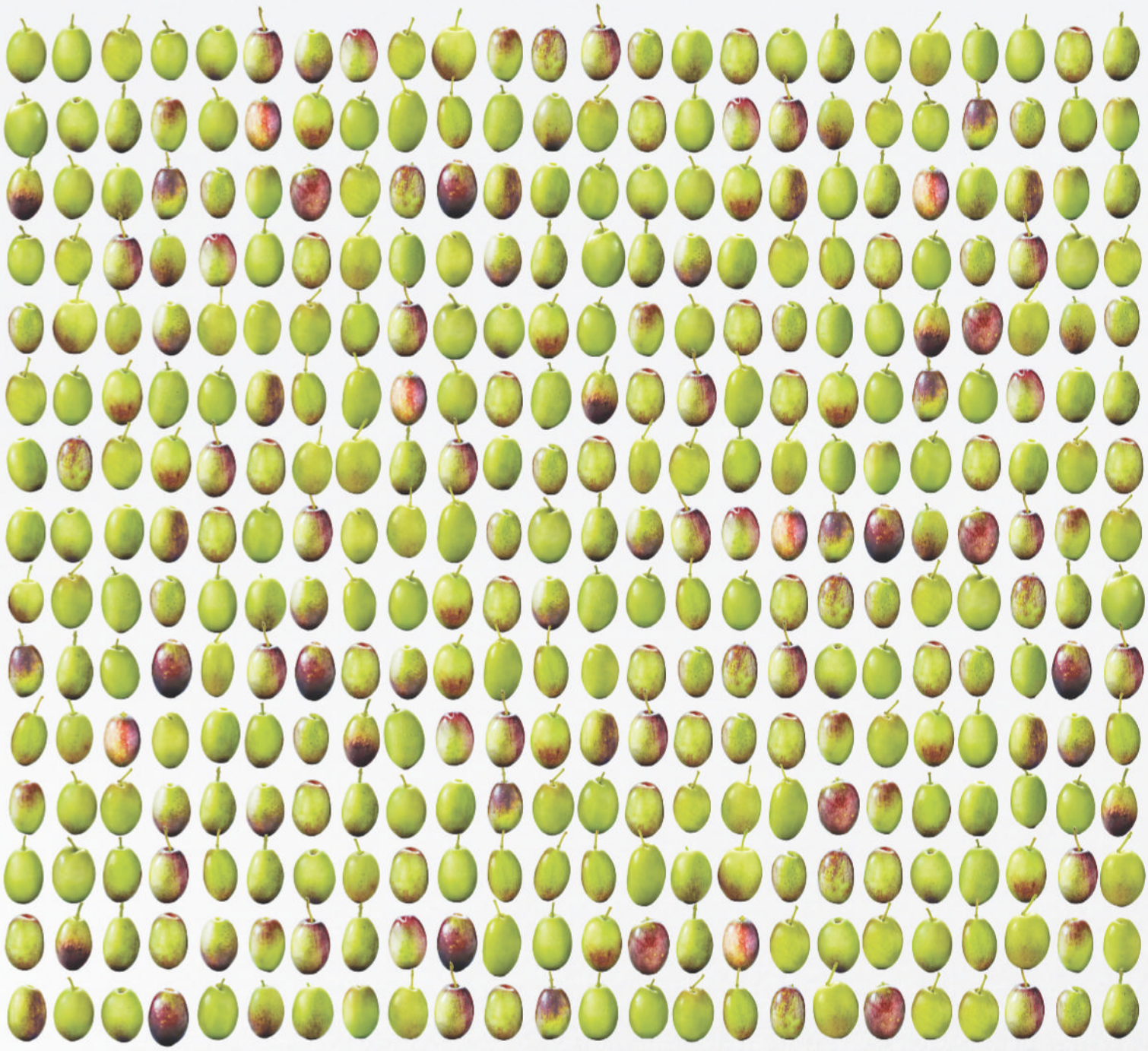

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HOW TO... motivate your loved ones

Do you have a partner or child who refuses to exercise? Be patient and follow Christine Armarego's advice

DON'T NAG
'Remember your mother nagging you when you were young? Did it change your mind?' asks Armarego. Probably not! Avoid the urge to nag and instead vent to a friend if you need to.

CREATE A SUPPORTIVE ENVIRONMENT
'Keep healthy food in the house, ask for help with meal preparation and ensure you don't encroach on their time to be active,' says Armarego.

SET THE EXAMPLE
'If your loved one sees you exercise, they are more likely to think it's possible,' says Armarego. 'But don't constantly refer to your success – that may make it harder for them to ask for help.'

40 The number of minutes of cardio that, done three times a week, can help prevent migraines, says new research.

Roll with it

Want to lift your mood and tone your body? US research has shown that doing exercise – even for just five minutes – can increase energy levels and decrease feelings of anger and tension.

Ask CHRISTINE

I was recently diagnosed with type 2 and have been advised to slim down. Which are the best exercises for weight loss?

A: Congratulations on deciding to start exercising! The great news is that losing as little as five per cent of your weight will help you manage your diabetes more effectively. And building muscle assists in storing and clearing glucose. The ideal exercise program should include:

CARDIOVASCULAR EXERCISE Something that gets your heart rate up and makes you huff and puff such as swimming, cycling, walking, jogging or aqua aerobics.

RESISTANCE TRAINING Think squats, push-ups or weight lifting. Have an exercise physiologist build you a tailored program to stay safe.

INTERVAL TRAINING This type of workout changes the tempo of your exercise to get you fitter faster – try walking for two minutes, then walking fast or jogging for 30 seconds before returning to your regular pace. You could also sign up for activities such as dancing, tennis, squash, basketball and aerobics, which have intervals built into them. ➤

Christine Armarego, accredited exercise physiologist

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Post: *Diabetic Living*, Q&A: Exercise, GPO Box 7805, Sydney, NSW 2001.

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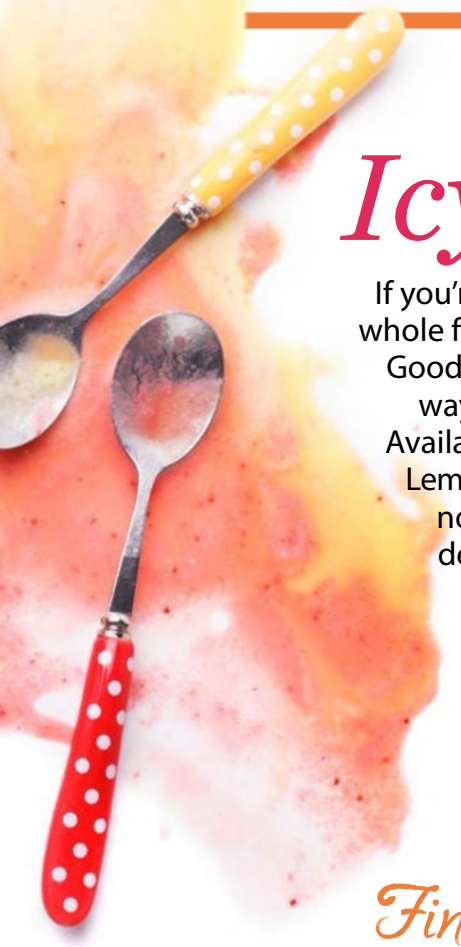

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Icy delight

If you're looking for a sweet treat the whole family can enjoy, Golden North Good 'n Creamy ice-cream is a great way to cool down on a warm day. Available in Vanilla, Wild Berries and Lemoncello, it's low GI and contains no added sugars or palm oil. For details visit goldennorth.com.au or call 1300 ICE CREAM.

Find support online

Want to connect with other parents or carers of type 1 kids? Follow the conversation by liking the *Diabetic Living* Facebook page at facebook.com/australiandiabeticlivingmagazine

GET INKED IN

Is your teen thinking of getting a medic-alert tattoo? Here's everything you need to know about this new alternative to tags

'Medic-alert tattoos are potentially lifesaving for people with diabetes and so have great merit,' says Dr Adrian Lim, spokesperson for the Australasian College of Dermatologists.

'The key concern is that tattooing creates a wound through extensive and consistent needle pricks. People with diabetes take longer to heal from wounds, so use a trained medical tattooist to ensure safe practices are adhered to.'

Dr Lim says tattoos in areas with poor circulation, such as the feet, are not recommended, as the healing process will take much longer.

'Pick an area of the upper body or on upper limbs such as the arm or wrist,' he says. 'This will also be easily accessible in an emergency.'

Ask ELISSA

Do you have any advice for keeping my daughter's type 1 on track this Easter, without turning into the diabetes police?

A: There's no reason why kids with type 1 can't enjoy everything about Easter, including chocolate. Think of chocolate as just another carb – it's nothing to be scared of!

Speak to your diabetes educator about how to adjust for the extra carbs ahead of time, so you're not caught out. If you know your daughter will be eating more chocolate on a given day, monitor her blood glucose levels (BGLs) more frequently – this will give you a better idea of how it's impacting on her levels and give you peace of mind.

You could also switch her regular morning or afternoon tea for chocolate so that she's not taking in too many carbs, or offer her an extra needle or bolus if she wants to eat a little more.

Type 1 kids are still kids and Easter should be as fun-filled for them as it is for everyone else. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Ask About Your Kids, GPO Box 7805, Sydney, NSW 2001.

PHOTOGRAPHY ISTOCKPHOTO

Credentialled Diabetes Educators are Australia's 'go to' qualified healthcare specialists for people with diabetes.

They are healthcare practitioners qualified to provide a personalised approach to diabetes education and care. They work with people with diabetes, empowering and assisting them in dealing with daily self-management. Recognition as a CDE is an assurance to you that these healthcare practitioners will provide you with high quality diabetes education and expert advice to help you do the hard work of staying well everyday.

CDE OF THE YEAR

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‘I’VE LOST 16KG *and I feel great!’*

Diagnosed with type 1 diabetes as a child, Jessica Dragiotis struggled with her weight for years. With the support of Cambridge Weight Plan, she has lost 16kg and improved her overall health. Here, she shares her story...

Since being diagnosed with type 1 diabetes 30 years ago, my ever-increasing insulin requirements and the birth of my twin boys saw my weight peak at 84kg. I tried everything to get my weight under control, including mainstream diets, but I was seen as ‘too high risk’. No one was willing to take me on! I felt like I was destined to remain a ‘heavy woman’ for the rest of my days.

It wasn’t until I saw a girlfriend go through the program that I thought I would give Cambridge Weight Plan a try. From day one, I was totally supported by my consultant, Marianne. I loved her instantly and knew this was the right partnership when she took time out of her busy schedule to talk through my medical history prior to my face-to-face consultation.

‘I saw results straight away’

From my first consultation, I hit the ground running. I was given a thorough insight into the program and how it could work alongside my medical requirements. I saw results straight away and slowly but surely, my insulin requirements decreased and I no longer needed such large doses.

I’ve lost 16kg and I feel great! The program has not only changed how much I weigh and how I look, it has educated me to eat differently. It’s wonderful to know that finally there is a supportive and knowledgeable program to assist people with type 1 diabetes, like me. My life has been transformed!

Above: Jessice before her weight loss. Right: Now, 16kg lighter and feeling wonderful!

What is Cambridge Weight Plan?
Cambridge Weight Plan is a nutritionally balanced formula food available in a large range of shakes, soups (including lactose free), bars and porridges, as well as rice pudding and drinking yoghurt. It’s an effective tool to assist in the reduction of excessive body fat via a fat-burning process called ketosis.

Why should you try it?
You have the flexibility to lose weight quickly and healthily with or without conventional food. The choice is extensive so there is less risk of boredom. You are supported, motivated and encouraged by a consultant who will take you from weight loss to weight management, to help you keep your weight off in the long term.

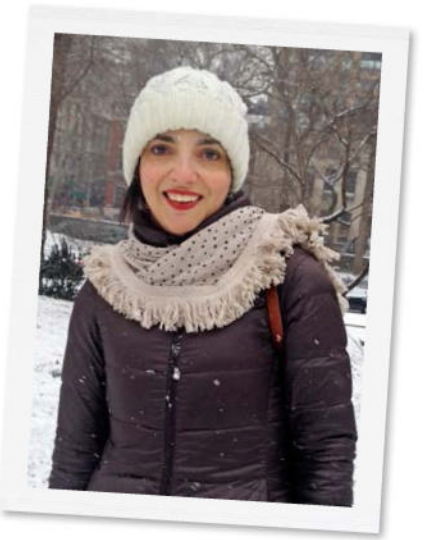
For more information on Cambridge Weight Plan call **1300 365 891** or log onto **cambridgeweightplan.com.au**

Cambridge® Weight Plan

Not for sale online or over the counter, Cambridge products are exclusive only to trained Consultants or health professionals. The program is suitable for people with insulin requiring diabetes if under tight medical supervision. Always discuss the suitability of using meal replacements with your GP before embarking on any meal replacement program.

THE *write* stuff

Say hello to the Melbourne mum whose type 1 blog is ***connecting people*** all around the world



In 1998, Renza Scibilia was a full-time music teacher who was planning her wedding and house hunting when she suddenly developed a severe thirst. She found herself slipping out of class every half an hour to go to the bathroom.

'I'd down three litres of water and still be parched. I needed to go to the bathroom constantly,' recalls Renza, now 42. 'This all became very noticeable within a 10-day period, so I saw my GP. I asked if I could have diabetes, although I didn't know much about it and it wasn't in my family.'

Renza's instincts were correct and she was diagnosed with type 1. The next day she saw an endocrinologist for her first insulin injection.

'There was so much going on in my life – and then I was diagnosed!' she says.

From the start, Renza was determined that diabetes would fit into her lifestyle. She got married and she and her husband Aaron have an 11-year-old daughter. She gave up the classroom to join Diabetes Victoria, where she is manager of consumer engagement. In this role, she helps organise a peer support program as well as camps for kids with type 1.

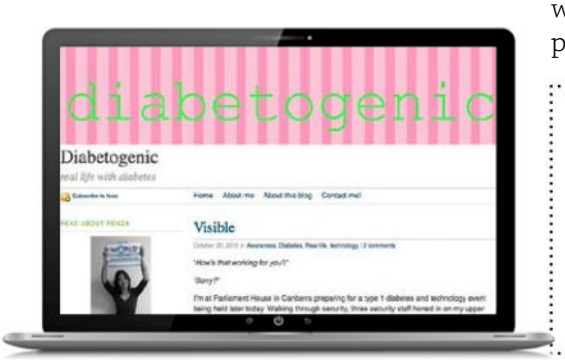
Renza's pet project, however, is Diabetogenic – a personal blog that gives her an outlet to discuss the daily triumphs and trials of diabetes with others around the world.

Why did you begin Diabetogenic?

'I started my blog to connect with other people living with diabetes. I felt that if I told my story, I could hear other people's stories and find out how they deal with things. One of the challenges for me is that there is no holiday from this condition. But any time I am struggling with burnout and write about it, I am flooded with support.'

What kinds of things do you blog about?

'I write about new research and advocacy issues, and when I go to diabetes conferences I'll live tweet and blog about it later. And I write about things that people don't always talk about, like diabetes burnout, body image and fertility issues. I've had three miscarriages – which may or may not have a diabetes connection – and writing about those things is cathartic.'



How important has social media been in helping you live with diabetes?

'The online diabetes community is vibrant, and social media and the connections I make are part of my diabetes management arsenal, just like my continuous glucose monitor and pump. It's how I learn about new technologies and ways of doing things.

'My favourite online tip has been: when you change your insulin pump line, use the tubing to tie up your roses!'

What's next for you in terms of social media?

'I'll keep telling stories online because sharing stories connects us, reduces isolation and normalises our reality. I hope what I do resonates with people as they read it.' ■

THE FACTS

WHAT Diabetogenic blog
WHEN Established in 2011
WHERE diabetogenic.wordpress.com

WORDS SARAH MARINOS

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It's time to change lives!

With an estimated two million Aussies at high risk of developing type 2, there's no better time than now to spread the word about our Change4Life campaign

1. TAKE IT

Encourage everyone you know to take the type 2 risk assessment quiz. Find it online at Diabetes Australia or on our Facebook page. It only takes two minutes!

2. CHECK IT

A high score may not mean you have diabetes, but you should see a GP, especially if you are in a high-risk category. See over the page.

Change 4 LIFE

4. MOVE IT

Exercise makes your body work better and every little bit counts. Invite your family or friends to catch up for a walk or plan an active day at the park – it's all protection against type 2.

3. SWAP IT

A healthy diet will benefit the whole family and reduce everyone's type 2 risk. Take charge by making smart switches, tweaking portions and cooking *DL*'s delicious meals!

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GET checked, GET healthy!

A prescription for better health

Take the next step towards a diabetes-free future with the *DL* Change4Life campaign

Have you heard about Change4Life? Launched in our January/February issue, this ongoing campaign aims to raise awareness about type 2 diabetes. Type 2 is Australia's fastest-growing condition, however it's estimated that as many as 58 per cent of cases can be prevented by making healthy lifestyle choices.

Now is the perfect time to urge your loved ones to take the type 2 risk assessment quiz and to book an appointment with their GP.

STEP 1

Assess your risk today

Type 2 has no single cause. Major risks include being overweight or obese, not getting enough exercise and eating a poor diet, but your risk is also increased if you:

- Have a family history of diabetes.
- Are over 55 years of age – your risk increases as you get older.
- Are over 45 and overweight, with the classic 'apple-shaped' body, carrying extra kilos around your waist.
- Are over 45 and have high blood pressure.
- Are over 35 and have a Maori, Pacific Islander, south-east Asian, Chinese, Indian, Middle Eastern, Aboriginal or Torres Strait Islander background.
- Have given birth to a baby over four kilos, or had gestational diabetes when you were pregnant.
- Have polycystic ovary syndrome.

TRY THIS For a more in-depth assessment of your own or a loved one's type 2 risk, check out the Department of Health's Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK), which you can find on our Facebook page. See facebook.com/australiandiabeticlivingmagazine

STEP 2

Check in with your GP

Do you fall into one or more of the major risk categories for type 2? If so, see your GP. They will check your blood pressure and weight and may send you for an oral glucose tolerance test to measure the amount of glucose in your blood. Remember to follow up and discuss your results.

READERS SHARE

'I spent 20 years as a "borderline" type 2 before being diagnosed. Since then, medication has changed my life. I consider myself lucky. To all diabetics: we share this disease regardless of type. That makes us family!'

– Christine Cole

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‘Take the first step towards *better health*’

Change4Life ambassadors Lou Vickers-Willis and Michael Moore talk about why it’s so important to see your GP to discuss your type 2 risk

‘I’d always been fit and active and thought I was healthy. But it turns out my blood sugar was 29.8 when I was diagnosed. If you don’t want serious complications, take a step now. Take the test and just get on it.’
– Michael Moore, celebrity chef living with type 2

‘I’m adopted but my biological mother has type 2, so there is a clear genetic link. It is super important to take the test and speak to your GP, especially if you’ve got the risk of diabetes in your family.’
– Lou Vickers-Willis, DL *reader with type 2*

READERS SHARE

‘My diagnosis has changed from type 2 to pre-diabetes and I’ve dropped from two tablets to one. Hopefully I can get down to having no tablets.’
– Christina Koefer

Life after diagnosis

If your oral glucose tolerance test comes back indicating pre-diabetes or type 2, don’t panic! By making lifestyle changes, including getting more exercise, eating a balanced diet and regularly monitoring your levels with a blood glucose meter such as the Nipro TRUEresult, you may be able to reduce your symptoms – or even reverse them. For testing tips, turn to page 107.

NEXT ISSUE…

Pick up the May/June issue of *DL* for expert-approved tips from dietitian and Change4Life ambassador Susie Burrell about making the switch to healthy, satisfying, delicious food.

Want more great tips for getting ahead of type 2?

Like *DL*’s Facebook page at **facebook.com/australiandiabeticlivingmagazine**

What's your level?

Stay on top of your blood glucose levels the easy way with TRUEresult from Nipro. It's the testing device that provides convenient, fast and accurate* blood glucose results you can count on

Choosing the right blood glucose meter can make a world of difference when it comes to diabetes management. Whether you lead an active life or you tend to be more sedentary, TRUEresult from Nipro has you covered. Designed to suit any lifestyle and featuring state-of-the-art TRUEresult Test Strips, this advanced performance meter provides fast, accurate* blood glucose testing – and you'll love how easy it is to use!

Simply make sure your hands are clean and dry, then place the test strip in the meter and lance your finger. With the test strip still in the meter, touch the edge of the test strip to allow your blood to be drawn into the strip. After removing your finger from the strip when dashes appear on the meter, you'll have your blood glucose levels in as little as four seconds, along with the date and time.

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*Clinical performance of the TRUEresult Blood Glucose Monitoring System (mmol/L) using ISO 15197:2013 Criteria for Accuracy Utilizing GDH-FAD Enzyme, sponsored by Nipro Diagnostics Inc, 2013. Data on file at Nipro Diagnostics Inc, Fort Lauderdale, FL 33309 USA, NICO-3142 © 10/2013 Nipro Diagnostics Inc.

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■ Does someone you know have diabetes?
NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐ DON'T KNOW ☐

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Editor's note

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Mara Lee, **Editor**

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How our food works for you
see page 90

nutrition info

PER SERVE 510kJ, **protein** 3g, **total fat** 5.2g (sat. fat 2.6g), **carbs** 15g, **fibre** 2g, **sodium** 99mg.

- **Carb exchanges** 1.
- **GI estimate** medium.

Dark chocolate espresso tart

Surprise ingredient: **pumpkin**

This moist, rich-tasting dessert does away with the need for cream and loads of sugar, which cuts the kilojoules by about 70 per cent. Compared with a regular chocolate tart, it has 20g less fat (10g of it saturated fat) and 24g fewer carbs per serve.

see recipe, page 36 >>

5 (surprising!) WAYS WITH chocolate

Get creative in the kitchen! These dreamy desserts are choc-full of deliciousness with a serious serve of ***the wow factor***

Choc-chip and macadamia blondies

Surprise ingredient: **chickpeas**

Our blondies have about half the kilojoules and a third of the carbs of a regular slice. We cut down on chocolate and used almond spread rather than butter, slashing saturated fat by 85 per cent.

see recipe, page 36 >>

nutrition info

PER SERVE 655kJ, **protein** 4.3g, **total fat** 10.5g (sat. fat 1.3g), **carbs** 12g, **fibre** 2g, **sodium** 88mg.

- **Carb exchanges** ¾.
- **GI estimate** low.
- **Gluten free**.

gluten free

Chocolate and strawberry mousse

Surprise ingredient: **yoghurt**

Here, cocoa powder gives all the taste of chocolate without the kilojoules. We've also swapped some of the cream for low-fat yoghurt and used light cream for the rest to reduce the kilojoules by 40 per cent and the fat by 25g per serve.

see recipe, page 37 >>

gluten free

nutrition info

PER SERVE 721kJ, **protein** 5g, **total fat** 5.9g (sat. fat 3.7g), **carbs** 25g, **fibre** 1g, **sodium** 45mg.

- **Carb exchanges** 1⅔.
- **GI estimate** medium.
- **Gluten free**.

nutrition info

PER SERVE 618kJ, **protein** 4g, **total fat** 4.5g (sat. fat 0.7g), **carbs** 21g, **fibre** 3g, **sodium** 7mg.

- **Carb exchanges** 1½.
- **GI estimate** low.
- **Gluten free.**

gluten free

Chocolate hazelnut ice-cream

Surprise ingredient: **frozen banana**

Frozen banana makes a smooth soft serve without the need for added sugar. We've saved you 40 per cent of the kilojoules, 5g of the carbs and almost 10g of fat per serve compared with regular ice-cream.

see recipe, page 38 >>

Red velvet cupcakes with white chocolate ganache

Surprise ingredient: **beetroot**

These have about a third of the kilojoules of regular red velvet cake and 65 per cent less saturated fat. Beetroot and wholemeal flour triple the fibre content.

see recipe, page 38 >>

nutrition info

PER SERVE 761kJ, **protein** 3.7g, **total fat** 8.5g (sat. fat 2.8g), **carbs** 22g, **fibre** 3g, **sodium** 235mg.

- **Carb exchanges** 1½.
- **GI estimate** medium.

Dark chocolate espresso tart

PREPARATION TIME: 20 MINS
PLUS 20 MINS CHILLING
COOKING TIME: 1 HOUR 10 MINS
SERVES 12 (AS A DESSERT)

500g pumpkin, peeled and chopped
Cooking spray
1 sheet Pampas 25% Reduced Fat Shortcrust Pastry, thawed
60ml (¼ cup) freshly brewed espresso coffee
30g (¼ cup) cocoa powder
80ml (⅓ cup) low-fat milk
2 x 50g eggs
45g (¼ cup, lightly packed) brown sugar
50g good-quality 70% dark chocolate, melted, cooled slightly (see Cook's Tip)
1 tsp vanilla essence
12 small (30g each) scoops Peters No Sugar Added Vanilla ice-cream, to serve (optional)

1 Preheat oven to 200°C (fan-forced). Line an oven tray with baking paper. Arrange pumpkin in a single layer on prepared tray and roast for 20 minutes or until very tender. Transfer to a bowl and mash until smooth. Set aside. Reduce oven temperature to 180°C (fan-forced).

2 Meanwhile, spray a 22cm (base measurement) loose-based flan tin with cooking spray. Roll out pastry between 2 sheets of baking paper until large enough to line prepared tin. Trim to fit. Prick pastry base with a fork. Put on an oven tray and refrigerate for 20 minutes or until chilled.

3 Line pastry case with a piece of baking paper and fill with baking beans or rice. Bake for 12 minutes. Carefully remove paper and beans. Reduce oven temperature to 170°C (fan-forced). Return pastry case to oven and bake for 5 minutes or until pastry is just cooked.

4 While pastry is cooking, whisk coffee and cocoa together in a medium bowl. Set aside for 10 minutes to cool. Add milk, eggs, sugar, chocolate and vanilla. Whisk until smooth. Add pumpkin and whisk until well combined.

5 Push mixture through a fine sieve into a large jug, discarding solids. Pour mixture into pastry case and bake for 25-30 minutes or until just set. Serve warm or cold with ice-cream, if using.

COOK'S TIP

To melt chocolate, put in a small microwave bowl. Cook on medium/50% for 1 minute or until chocolate is melted.

Choc-chip and macadamia blondies

PREPARATION TIME: 5 MINS
COOKING TIME: 45 MINS
SERVES 12 (1 PIECE PER SERVE AS A DESSERT)

420g can no-added-salt chickpeas, rinsed and drained
125g almond spread
45g (¼ cup, lightly packed) brown sugar
1 tsp vanilla essence
¼ tsp baking powder
¼ tsp bicarbonate of soda
1 Tbsp water
60g (⅓ cup) white chocolate chips
45g (¼ cup) chopped unsalted macadamias

Nothing says treat quite like *VELVETY* chocolate – baked, melted, chilled or stirred

1 Preheat oven to 160°C (fan-forced). Line a 6.5cm-deep, 10cm x 21cm loaf tin with baking paper.
2 Put chickpeas, almond spread, sugar, vanilla, baking powder, bicarbonate of soda and water in a small food processor. Process until mixture is smooth and thick, with a hummus-like consistency. Transfer to a large bowl.
3 Add chocolate chips and nuts and stir well to combine. Pour mixture into prepared tin and smooth the surface with the back of a spoon.
4 Bake for 40-45 minutes or until a skewer inserted into the centre comes out clean and the blondie is golden. Set aside for 5 minutes before turning out onto a wire rack to cool completely. Cut into 12 pieces and serve.

COOK'S TIP

The blondies can be kept in an airtight container for up to 3 days.

Chocolate and strawberry mousse

PREPARATION TIME: 10 MINS PLUS 4 HOURS CHILLING
COOKING TIME: 10 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

375g strawberries, hulled
2 Tbsp freshly squeezed orange juice
60g chopped dark chocolate
1 Tbsp Nestlé Plaistowe Premium Cocoa
80ml (⅓ cup) light thickened cream
60g (¼ cup) caster sugar
200g (¾ cup) low-fat vanilla yoghurt
2 Tbsp water
1½ tsp powdered gelatine
1 eggwhite (from 50g egg)

1 Chop 125g of the strawberries and put in a small saucepan with orange juice. Cover and cook over a medium heat for 4-5 minutes or until strawberry is soft. Set aside for 5 minutes to cool slightly. Process in a blender or small food processor until smooth. Push mixture through a fine sieve into a small bowl, discarding solids. Set aside.
2 Put chocolate, cocoa, cream and 2 Tbsp of the sugar in a small saucepan over a low heat. Cook, stirring often, for 3-4 minutes or until chocolate melts. Remove from heat and whisk in yoghurt. Transfer mixture to a large bowl.
3 Pour water into a small bowl and sprinkle over gelatine. Stir well. Set aside for 5 minutes. Transfer to microwave and cook on high/100% for 20 seconds or until gelatine dissolves completely. Add to chocolate mixture along with strawberry mixture. Whisk until well combined.
4 Using electric beaters, whisk eggwhite in a small bowl until soft peaks form. Add remaining sugar and whisk until sugar dissolves. Using a large metal spoon, fold eggwhite mixture into chocolate mixture until just combined. Divide between 6 small serving glasses (about ⅓ cup capacity). Put on a tray and refrigerate for 4 hours or until set.
5 Slice remaining strawberries into wedges. Arrange on top of mousse. Serve. ➤

Chocolate hazelnut ice-cream

PREPARATION TIME: 5 MINS
COOKING TIME: NIL
SERVES 4 (AS A DESSERT)

4 medium overripe bananas, peeled, roughly chopped and frozen
60ml (¼ cup) low-fat milk
3 Tbsp cocoa powder, sifted
2 Tbsp chopped hazelnuts, to serve

1 **Remove banana** from freezer and allow to stand at room temperature for 2 minutes. Transfer to a food processor. Add milk and process until smooth.
2 **Add cocoa** and process until just mixed through.
3 **Divide mixture** between serving bowls. Sprinkle over hazelnuts and serve immediately.

COOK'S TIPS

▶ This ice-cream will be the consistency of soft serve. If you prefer a firmer result, transfer mixture to an airtight freezer-proof container and freeze for 1-2 hours or until frozen.
▶ Keep in the freezer for up to 3 months. Allow to stand at room temperature for 10 minutes or until soft enough to scoop before serving.

Red velvet cupcakes with white chocolate ganache

PREPARATION TIME: 15 MINS PLUS 30 MINS CHILLING
COOKING TIME: 25 MINS
MAKES 12 (1 PER SERVE AS AN OCCASIONAL DESSERT)

190g Love Beets Baby Beetroot, drained and quartered
80ml (⅓ cup) low-fat milk
60ml (¼ cup) macadamia oil
2 x 50g eggs, separated
1 tsp vanilla essence
160g (1 cup) wholemeal plain flour
1½ Tbsp cocoa powder
1½ tsp baking powder
80g (⅓ cup) caster sugar

White chocolate ganache
100g white chocolate, broken into squares
1 Tbsp low-fat milk

1 **Preheat oven** to 160°C (fan-forced). Line 12 x 80ml (⅓ cup) muffin tins with paper cases.
2 **Put beetroot** in a small food processor and process for 2 minutes or until finely chopped. Add milk and process until almost smooth. Add oil, egg yolks and vanilla. Process until smooth and well combined.
3 **Sift flour,** cocoa and baking powder into a medium bowl, returning husks to bowl. Add beetroot mixture and stir well.
4 **Using electric beaters,** whisk eggwhites in a medium bowl until soft peaks form. Add the sugar 1 Tbsp at a time, beating well after each addition. Continue beating until sugar dissolves. Fold half the eggwhite mixture into the beetroot mixture and stir until combined. Carefully fold in remaining eggwhite mixture.
5 **Spoon mixture** evenly between paper cases. Bake for 15-18 minutes or until a skewer inserted into the centre of cakes comes out clean. Set aside for 5 minutes before turning out onto a wire rack to cool completely.
6 **Meanwhile,** to make white chocolate ganache, put chocolate and milk in a small heatproof bowl. Place bowl over a small saucepan of just simmering water, ensuring bowl does not touch water. Cook, stirring often, for 5 minutes or until chocolate is melted and mixture is glossy. Remove from heat, cover with plastic wrap and refrigerate for 20-30 minutes or until mixture has thickened to a spreadable consistency.
7 **Spread or pipe** ganache onto cupcakes and serve.

COOK'S TIP

Keep in an airtight container at room temperature (or in the fridge if really hot) for up to 3 days. To freeze, wrap cakes individually in plastic wrap and put in a resealable freezer bag. Expel any air and seal. Freeze for up to 3 months.

Good for you

We all think chocolate rocks – in fact, the average Australian nibbles on 4.5 kilos of it each year! Here's how to enjoy a little a lot

Be a mindful muncher

There is nothing wrong with having chocolate as part of a balanced diet. However, if you find yourself overindulging on a regular basis, it's time to rethink how you eat. Rather than scoffing it down, savour each bite. Eat slowly, thinking about the smell, taste and texture, and you'll find you'll need less to feel satisfied.

Practise portion control

Although numerous studies have suggested that the antioxidants in chocolate – particularly dark chocolate – can have a positive health effect, it's still a high-fat, high-sugar food, meaning that too much can lead to weight gain. Stick to an occasional 25g serve (the equivalent of four small squares), which has about 500kJ, 7-8g of fat, 4-5g of saturated fat and one carb exchange.

Taste the difference

When you're debating which bar to buy, keep in mind that not all chocolate is created equal. White chocolate has the highest sugar content, at 55 per cent on average. It also doesn't contain cocoa solids, but rather high-fat cocoa butter, which is what gives it a creamy taste and texture. Milk chocolate contains milk and sugar, as well as cocoa solids and cocoa butter. Richer and more intense than the other varieties, dark chocolate has the most cocoa solids and no added milk (plus slightly less sugar), making it the highest in antioxidants. The general rule is, the darker the chocolate, the better it is for you! ■

RECIPES MEGAN CAMERON-LEE AND ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** MARIE-HÉLÈNE CLAUZON **FOOD PREPARATION** WENDY QUISUMBING

Lemon and honey chicken

Lighten up: **Our version has 65 per cent fewer kilojoules, 85 per cent less fat and 90 per cent less sodium than the average takeaway equivalent.**

see recipe, page 44 >>

nutrition info

PER SERVE 1611kJ, **protein** 40g, **fat** 10g (sat. fat 1.9g), **carbs** 31g, **fibre** 6.4g, **sodium** 266mg.

- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

MAKE YOUR OWN CHINESE

Home DELIVERY

If you have a yen for ***Chinese takeaway,*** save your cash – and your waistband. You can steam and stir-fry in less time than it takes to order out!

How our food works for you
see page 90

nutrition info

PER SERVE 1638kJ, **protein** 42g, **fat** 9.8g (sat. fat 1.8g), **carbs** 30g, **fibre** 6g, **sodium** 673mg.

- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

Combination chow mein

Lighten up: **This delish noodle dish has almost half the kilojoules and sodium, and 83 per cent less fat than a takeaway chow mein.**

see recipe, page 44 >>

MAKE YOUR OWN CHINESE

Peppered garlic beef noodles

Lighten up: **Our beef noodle stir-fry is just as delicious as a restaurant version but has 30 per cent fewer kilojoules, 40 per cent less fat and 80 per cent less sodium.**

see recipe, page 46 >>

nutrition info

PER SERVE 2017kJ, **protein** 42g, **total fat** 14.9g (sat. fat 4.4g), **carbs** 37g, **fibre** 6g, **sodium** 501mg.

- **Carb exchanges** 2½.
- **GI estimate** low.
- **Gluten-free option.**

nutrition info

PER SERVE 1943kJ, **protein** 49g, **fat** 6.3g (sat. fat 1.4g), **carbs** 48g, **fibre** 7g, **sodium** 633mg.

- **Carb exchanges** 3¼.
- **GI estimate** low.
- **Gluten-free option.**

Steamed soy and ginger fish

Lighten up: **By skipping the deep-fried takeaway version we've saved you two-thirds of the fat, halved the sodium and tripled the fibre by adding loads of veg!**

see recipe, page 46 >>

Lemon and honey chicken

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

1 tsp cornflour or gluten-free cornflour
80ml (⅓ cup) freshly squeezed lemon juice
2 Tbsp honey
2 tsp salt-reduced soy sauce or gluten-free soy sauce
3 tsp olive oil
300g skinless chicken breast fillet, trimmed of fat, thinly diagonally sliced
1 red capsicum, cut into short, thin strips
200g broccoli, cut into small florets
2 zucchini, halved lengthways, diagonally sliced
3cm piece ginger, peeled, finely grated
2 cloves garlic, crushed
1 Tbsp water

1 Put cornflour, lemon juice, honey and soy sauce in a small bowl and stir to combine. Set aside. Heat 1 tsp of the oil in a large non-stick wok over a high heat. Add chicken and stir-fry for 2 minutes or until chicken is just cooked. Transfer to a plate.
2 Heat remaining oil in the wok over a medium-high heat. Add capsicum, broccoli, zucchini, ginger and garlic. Stir-fry for 2 minutes. Add water, cover and cook for 1 minute or until vegetables are just tender.
3 Return chicken to wok with the lemon sauce. Cook, tossing, for 1-2 minutes or until the sauce coats the chicken and vegetables, and chicken is heated through. Divide between shallow serving bowls. Serve.

COOK'S TIP

For a different meal, replace the chicken with 500g green prawns, peeled and deveined, and the broccoli with green beans, diagonally sliced.

Combination chow mein

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

150g Wokka Shelf Fresh Singapore Style Noodles or gluten-free noodles
3 tsp salt-reduced soy sauce or gluten-free soy sauce
3 tsp Ong's Hoisin Sauce or gluten-free hoisin sauce
2 tsp caster sugar
1 Tbsp freshly squeezed lime juice
3 Tbsp water
3 tsp olive oil
200g skinless chicken breast fillet, trimmed of fat, finely chopped
200g green prawns, peeled and deveined, finely chopped
1 carrot, cut into short sticks
2 stalks celery, thinly diagonally sliced
100g shiitake mushrooms, sliced
2 cloves garlic, crushed
150g (2 cups) finely shredded Chinese cabbage
4 iceberg lettuce leaves

1 Put noodles in a medium heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften. Drain well and set aside. Put soy sauce, hoisin sauce, sugar, lime juice and 2 Tbsp of the water in a small bowl and stir to combine. Set aside.
2 Heat half the oil in a large non-stick wok over a high heat. Add chicken and prawn and stir-fry for 2 minutes or until just cooked. Transfer to a plate.
3 Heat remaining oil in the wok over a medium-high heat. Add carrot, celery, mushroom and garlic. Stir-fry for 2 minutes. Add noodles, cabbage and remaining water. Cover and cook for 1 minute or until vegetables are just tender.
4 Add sauce mixture to wok along with chicken and prawn mixture. Cook, tossing, for 1-2 minutes or until sauce thickens. Divide mixture between lettuce leaves. Serve.

COOK'S TIP

If you prefer, you can use lean pork fillet instead of chicken and button mushrooms, very thinly sliced, instead of shiitake. ➤

nutrition info

PER SERVE 994kJ, **protein** 21g, **fat** 4.4g (sat. fat 1.2g), **carbs** 27g, **fibre** 4g, **sodium** 531mg.

- **Carb exchanges** 1¾.
- **GI estimate** medium.

Prawn and pork dim sims

Lighten up: **Enjoying steamed dim sims made at home instead of the fried takeaway variety means 65 per cent fewer kilojoules and 80 per cent less fat and sodium.**

see recipe, page 47 >>

Peppered garlic beef noodles

PREPARATION TIME: 10 MINS
PLUS 15 MINS MARINATING
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

200g lean rump steak, trimmed of fat, thinly diagonally sliced across the grain
2 tsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp dry sherry
220g Wokka Shelf Fresh Golden Hokkien Noodles or gluten-free noodles
1 tsp olive oil
1 large green capsicum, cut into chunks
1 large red capsicum, cut into chunks
1 brown onion, cut into thin wedges
3cm piece ginger, peeled, finely grated
3 cloves garlic, crushed
1 Tbsp water
2 green shallots, trimmed, diagonally sliced
Extra green shallot, finely sliced, to serve (optional)

Sauce

2 tsp cornflour or gluten-free cornflour
2 tsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp dry sherry
60ml (¼ cup) water
1 tsp sesame oil
1 tsp caster sugar
1 tsp freshly ground black pepper, to season

1 To make sauce, put cornflour, soy sauce, sherry, water, sesame oil, sugar and pepper in a small bowl. Stir to combine. Set aside. Put beef, soy sauce and sherry in a small bowl and toss to coat. Set aside for 15 minutes to marinate.
2 Prepare noodles following pack instructions. Drain and set aside.
3 Heat ½ tsp of the oil in a large non-stick wok over a high heat. Add beef and stir-fry for 1-2 minutes or until just cooked. Transfer to a plate. Heat remaining oil in the wok over a medium-high heat. Add capsicum, onion, ginger and garlic. Stir-fry for 2 minutes. Add water. Cover and cook for 1 minute.
4 Add noodles, sauce and shallots to wok. Cook, tossing, for 1-2 minutes or until sauce thickens. Return beef to wok and toss to combine. Serve with extra green shallot, if using.

COOK'S TIP

You can replace the beef with trim lamb leg steaks and the shallots with ½ red onion, cut into thin wedges.

Steamed soy and ginger fish

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

600g whole white fish (such as snapper), cleaned (ask your fish shop to do this)
½ lemon, thinly sliced

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BEN DEARNLEY **STYLING** MARIE-HÉLÈNE CLAUZON **FOOD PREPARATION** MAX ADEY

½ cup coriander leaves
2cm piece ginger, peeled, thinly sliced
2 heads bok choy, trimmed, quartered lengthways
½ small red capsicum, cut into short, thin strips
1 green shallot, cut into short, thin strips
Extra ¼ cup coriander leaves
110g (½ cup) SunRice Doongara Clever Low GI White Rice, cooked, to serve

Dressing

1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp freshly squeezed lemon juice
1 tsp sesame oil
2cm piece ginger, peeled finely grated

1 To make dressing, put all ingredients in a small bowl and stir to combine. Set aside.
2 Wash fish and pat dry with paper towel. Using a sharp knife, make 3 cuts about 8cm long and 1cm deep in the thickest part of both sides of fish. Put fish on a dinner plate. Stuff fish with lemon, coriander and ginger. Drizzle over half the dressing. Transfer plate to a large bamboo steamer basket.
3 Add enough water to a large wok to reach a depth of 5cm and bring to the boil over a high heat. Reduce heat to medium and place bamboo steamer over wok, ensuring base does not touch water. Steam, covered, for 15-18 minutes or until fish flakes easily when tested with a fork in the thickest part. Remove from wok and cover plate loosely with foil. Add bok choy to wok, cover and steam for 2 minutes or until just tender.
4 Transfer fish to a serving platter. Add bok choy to platter and drizzle over remaining dressing. Combine capsicum, shallot and extra coriander in a small bowl. Sprinkle over fish and serve with rice.

Prawn and pork dim sims

PREPARATION TIME: 20 MINS PLUS 30 MINS PICKLING
COOKING TIME: 15 MINS
SERVES 4 (AS A LIGHT MEAL)

300g green prawns, peeled and deveined, finely chopped
150g extra-lean pork mince
50g Chinese broccoli, finely shredded
50g drained water chestnuts, finely chopped
1 tsp salt-reduced soy sauce
1 tsp sesame oil
3cm piece ginger, peeled, finely grated
20 wonton wrappers

Pickled carrot salad

2 small carrots, peeled into ribbons
1 Lebanese cucumber, peeled into ribbons
2 Tbsp white vinegar
1 Tbsp caster sugar
½ cup coriander leaves

Dressing

1 Tbsp freshly squeezed lime juice
2 tsp salt-reduced soy sauce
2 tsp oyster sauce
½ tsp sesame oil

1 To make pickled carrot salad, put carrot, cucumber, vinegar and sugar in a bowl. Toss to combine. Set aside for 30 minutes to pickle. Drain and discard vinegar mixture. Add coriander and toss to combine.
2 To make dressing, combine all the ingredients in a small bowl. Set aside.
3 Put prawn, mince, Chinese broccoli, water chestnut, soy sauce, sesame oil and ginger in a bowl. Using clean hands, mix until well combined.
4 Line 2 large bamboo steamers with baking paper. Lay wonton wrappers on a clean surface. Divide prawn mixture between wrappers. Brush the edges of 1 wrapper with a little water and bring in edges to the middle, leaving some of the filling exposed. Repeat with the remaining wonton wrappers and prawn mixture. Divide parcels between bamboo steamers.
5 Add enough water to a large wok to reach a depth of 5cm and bring to the boil over a high heat. Reduce heat to medium and place 1 bamboo steamer over wok, ensuring base does not touch water. Stack second steamer on top of first and steam, covered, for 10-12 minutes, swapping the baskets around once, or until dim sims are cooked. Serve with pickled carrot salad and dressing.

COOK'S TIP

If you prefer, you can use chicken breast mince instead of pork mince and lemon juice instead of lime. ■

Caramelised onion, kale and ricotta tart

Crisp pastry with a heart of gold – it's a slice of the good life.

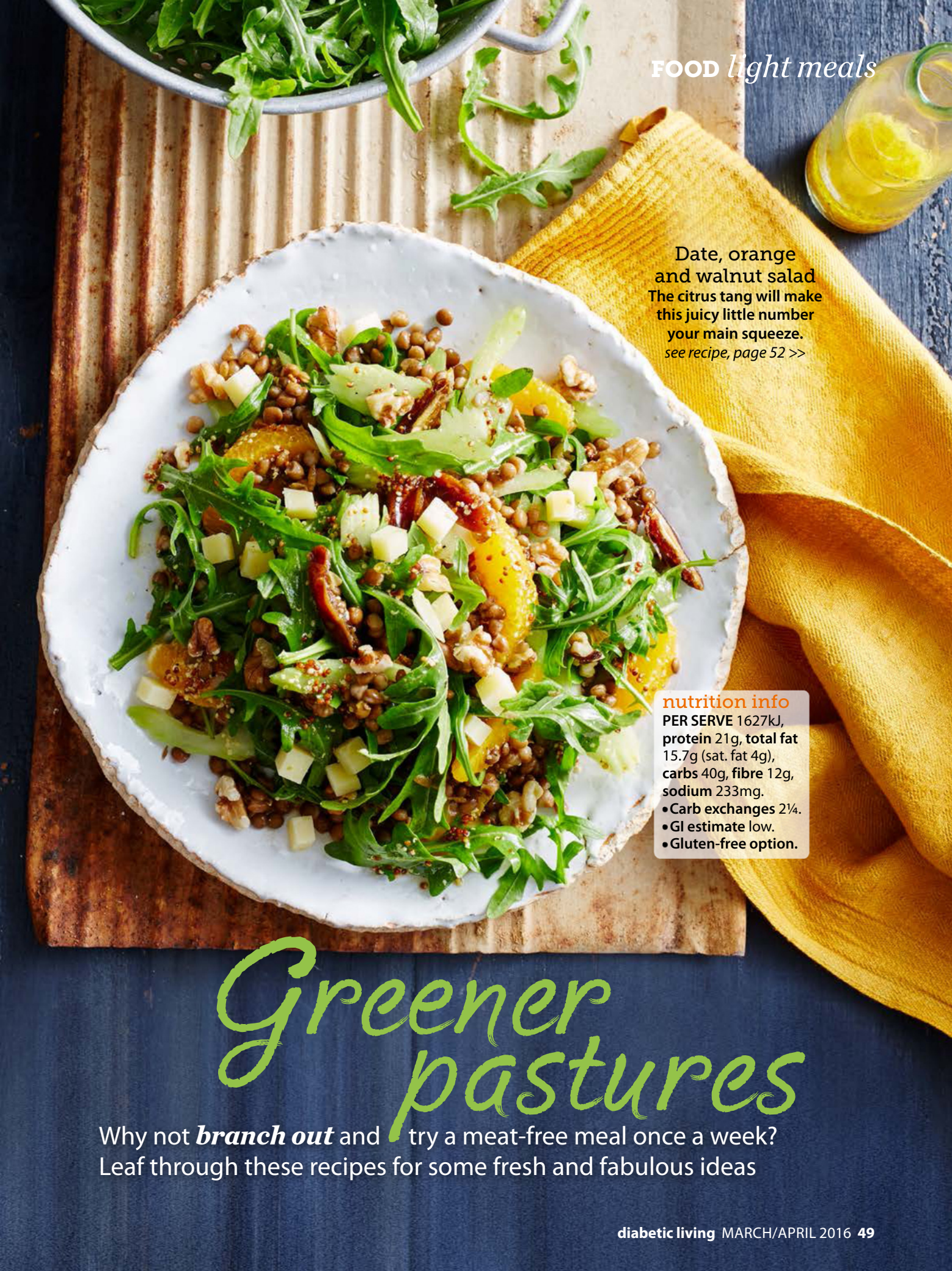
see recipe, page 52 >>

How our food works for you
see page 90

nutrition info

PER SERVE 1340kJ, **protein** 22g, **total fat** 11.3g (sat. fat 4.6g), **carbs** 34g, **fibre** 3g, **sodium** 311mg.

- **Carb exchanges** 2⅓.
- **GI estimate** low.
- **Gluten-free option.**



Date, orange and walnut salad

The citrus tang will make this juicy little number your main squeeze.

see recipe, page 52 >>

nutrition info

PER SERVE 1627kJ, **protein** 21g, **total fat** 15.7g (sat. fat 4g), **carbs** 40g, **fibre** 12g, **sodium** 233mg.

- **Carb exchanges** 2¼.
- **GI estimate** low.
- **Gluten-free option.**

Greener pastures

Why not ***branch out*** and try a meat-free meal once a week? Leaf through these recipes for some fresh and fabulous ideas

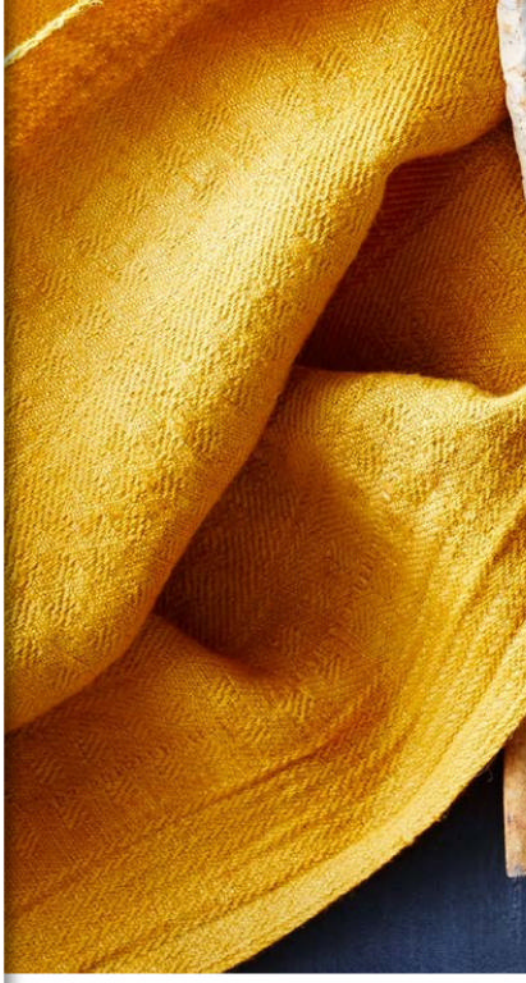
Mexican bean and egg wrap

Have a fiesta any time with this all-day brekkie mash-up.

see recipe, page 53 >>

nutrition info

PER SERVE 1517kJ, **protein** 20g, **total fat** 15g (sat. fat 5g), **carbs** 33g, **fibre** 7g, **sodium** 521mg. • **Carb exchanges** 2¼. • **GI estimate** low. • **Gluten-free option.**



From Mexico to the Middle East, add some *GLOBAL FLAVOURS* to your midday meals

Roast pumpkin, ricotta and spinach sandwiches

Layers of colour and texture make for one super sanger.

see recipe, page 54 >>

nutrition info

PER SERVE 1538kJ, **protein** 20g, **total fat** 11g (sat. fat 3.8g), **carbs** 42g, **fibre** 10g, **sodium** 479mg.
• **Carb exchanges** 2¾.
• **GI estimate** low.
• **Gluten-free option.**

Quinoa and vegie tabouli

Little ruby-red seeds are the jewels that make this dish shine. It's a real gem!

see recipe, page 54 >>

nutrition info

PER SERVE 1448kJ, **protein** 20g, **total fat** 11.5g (sat. fat 5.1g), **carbs** 35g, **fibre** 12g, **sodium** 455mg.

- **Carb exchanges** 2⅓.
- **GI estimate** low.
- **Gluten free.**

Caramelised onion, kale and ricotta tart

PREPARATION TIME: 15 MINS PLUS 20 MINS CHILLING
COOKING TIME: 1 HOUR 35 MINS
SERVES 6 (AS A LIGHT MEAL)

2 sheets 25% reduced-fat puff pastry or gluten-free puff pastry
2 tsp extra virgin olive oil
4 brown onions, very thinly sliced
2 Tbsp balsamic vinegar
1 Tbsp brown sugar
½ bunch kale, thick stem removed, finely shredded
2 Tbsp thyme leaves
8 x 50g eggs
160ml (⅔ cup) skim milk
Freshly ground black pepper, to season
150g low-fat fresh ricotta
75g (3 cups) salad leaves, to serve
200ml glass skim milk, per person, to serve

1 **Line a** 2.5cm-deep, 19.5cm x 27.5cm rectangular loose-bottomed tart tin with pastry sheets, pushing the 2 pieces together to join. Trim and discard excess pastry. Prick with a fork and refrigerate for 20 minutes to chill.
2 **Meanwhile,** heat oil in a large non-stick frying pan over a medium heat. Add onion. Reduce heat to low and cook, stirring often, for 30 minutes or until onion is very soft. Increase heat to high and add vinegar and sugar. Cook, stirring often, for 5 minutes, adding kale in the last 2-3 minutes so it starts to wilt. Transfer mixture to a large shallow dish. Stir in thyme. Set aside to cool completely.
3 **Preheat oven** to 190°C (fan-forced). Line pastry case with baking paper and fill with baking beans or rice. Put on an oven tray. Bake for 10 minutes. Carefully remove the paper and beans. Reduce oven temperature to 180°C (fan-forced). Bake pastry for a further 6-8 minutes or until just cooked. Set aside for 10 minutes to cool.
4 **Put eggs,** milk and pepper in a medium bowl and whisk to combine. Spread onion mixture over the base of the pastry case. Sprinkle over ricotta. Pour over egg mixture and bake for 35-40 minutes or until golden brown and set.
5 **Cut tart** into 6 pieces. Serve with salad leaves and milk.

COOK'S TIP

If you don't have any thyme, you can replace it with ¼ cup chopped dill or parsley.

Date, orange and walnut salad

PREPARATION TIME: 10 MINS
COOKING TIME: NIL
SERVES 2 (AS A LIGHT MEAL)

2 oranges, skin and white pith removed, segments removed (see Cook's Tip, right)
1 stick celery, thinly diagonally sliced
40g (1½ cups) rocket leaves
420g can no-added-salt brown lentils, rinsed and drained
4 pitted dried dates, cut into thin wedges

20g walnuts or hazelnuts, roughly chopped
40g Bega Country Light Vintage 25% Less Fat cheese, cut into small cubes

Dressing
2 Tbsp freshly squeezed orange juice
1 tsp extra virgin olive oil
2 tsp wholegrain mustard or gluten-free mustard
Freshly ground black pepper, to season

1 **Combine orange,** celery, rocket, lentils, dates and walnuts in a large bowl.
2 **To make dressing,** whisk orange juice, oil, mustard and pepper together in a small bowl.
3 **Pour dressing** over salad and toss to combine. Divide salad between shallow serving bowls. Sprinkle over cheese and serve.

COOK'S TIP
To segment the orange, cut off the ends so that it sits flat. Remove the skin and the white pith, being careful not to cut into the flesh. Holding the orange over a bowl to catch any juices, cut down either side of the white membrane, then push gently so the segments slip out. Squeeze the remaining orange to extract the juice. You can then use the juice in the dressing.

Mexican bean and egg wrap

PREPARATION TIME: 10 MINS
COOKING TIME: 1 MIN
SERVES 1 (AS A LIGHT MEAL)

125g can four-bean mix, rinsed and drained
1 small green shallot, trimmed, diagonally sliced
2 Tbsp roughly chopped coriander leaves
Freshly ground black pepper, to season
50g egg
2 Tbsp skim milk
¼ tsp olive oil
30g avocado, mashed until smooth
1 x Wattle Valley Soft Lite White wrap or gluten-free wrap
1 Tbsp grated reduced-fat tasty cheese

1 **Combine beans,** shallot and coriander in a small bowl. Season with pepper and toss to combine.
2 **Whisk egg,** milk and pepper together in a small bowl. Heat oil in a small non-stick frying pan over a medium heat. Add egg mixture and cook, stirring, for 30-60 seconds or until egg is just set.
3 **Spread avocado** over half of the wrap. Top with scrambled egg. Sprinkle over bean mixture and cheese. Roll up and serve.

COOK'S TIP
If you prefer, you can replace the four-bean mix with red kidney beans and the coriander with parsley. ➤

Protein-packed vegie lunches mean you won't miss the meat. *DIG IN!*

Roast pumpkin, ricotta and spinach sandwiches

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A LIGHT MEAL)

300g jap pumpkin, peeled and deseeded, cut into wedges
Extra virgin olive oil cooking spray
Freshly ground black pepper, to season
150g low-fat fresh ricotta
4 slices wholemeal grain bread or gluten-free bread
2 Tbsp sunflower seeds
25g (1 cup) baby spinach leaves
8 Sandhurst 'Lite' Semi-Dried Tomatoes

1 **Preheat oven** to 200°C (fan-forced). Line an oven tray with baking paper. Arrange pumpkin in a single layer on prepared tray and spray with cooking spray. Season with pepper. Roast for 20-30 minutes or until pumpkin is very soft.
2 **Spread 2 pieces** of the bread with ricotta. Press sunflower seeds into ricotta. Top with spinach. Top with pumpkin, pressing down slightly onto spinach to spread out. Top with tomatoes. Top with remaining bread slices. Serve.

COOK'S TIP

If you like, you can replace the sunflower seeds with pepitas and the spinach leaves with rocket leaves.

Quinoa and vegie tabouli

PREPARATION TIME: 15 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

125ml (½ cup) water
2 Tbsp tri-coloured quinoa
70g (⅓ cup) pomegranate seeds
1 carrot, finely chopped
2 cups mint leaves, finely shredded
1 Lebanese cucumber, finely chopped
½ x 420g can no-added-salt chickpeas, rinsed and drained
80g reduced-fat feta, crumbled

Dressing

60ml (¼ cup) pomegranate juice (see Cook's Tip)
1 tsp extra virgin olive oil
1 tsp ground cumin, toasted
1 clove garlic, crushed
1 tsp finely grated lemon zest

1 **Bring water** to a simmer in a small saucepan over a medium heat. Add quinoa, cover and reduce heat to low. Cook, covered, for 8-10 minutes or until the liquid is absorbed and quinoa is tender. Transfer to a medium bowl and set aside for 10 minutes to cool.
2 **Add pomegranate,** carrot, mint, cucumber and chickpeas to quinoa. Toss to combine.
3 **To make dressing,** whisk pomegranate juice, oil, cumin, garlic and lemon zest together in a small bowl.
4 **Pour dressing** over salad and toss to combine. Sprinkle over feta. Toss gently and serve.

COOK'S TIP

If you are using a whole pomegranate for this recipe, you can also use the juice from the pomegranate. If you don't have quite enough, just top it up with lemon juice. If you use a pack of pomegranate seeds, you can buy pomegranate juice from the juice section of the supermarket. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** MARIE-HÉLÈNE CLAUZON **FOOD PREPARATION** WENDY QUISUMBING

Why we love Carisma Potatoes

Turn versatile, ***low-GI potatoes*** into wonderful dishes that will steal the mealtime show!

- Carisma Potatoes are full of flavour and so versatile – you can boil, mash or roast them.
- To achieve the low-GI rating, cook until al dente. It's easy! Just follow the instructions on the pack.
- Carisma Potatoes are the only certified potatoes in Australia to carry the official low-GI symbol, awarded by the Glycemic Index Foundation.
- Carisma Potatoes have a GI value of 55, while other varieties have an average of 77*.
- Proudly Australia grown, they're low in fat and are packed full of nutrients and they simply taste great.
- You'll find delicious low-GI Carisma Potatoes exclusively at Coles Supermarkets, nationwide#.

For more information, visit carismapotatoes.com.au

Potato Salad with Red Onion

Serves 8

Place 1 kg Carisma potatoes, cut into 2 cm cubes in a saucepan of salted boiling water and cook until just tender. Drain potatoes and place in a bowl.

Combine; 100 ml ollo extra virgin olive oil, 1 medium red onion, cut into slices and a juice of 1 lemon in a separate bowl and mix well. Add dressing to the warm potatoes, together with the sliced red onion and parsley, and toss well.

Season with fresh herbs, salt and pepper.

Carisma™ Potatoes

The GI value may vary depending on the cooking method and technique. Carisma potatoes are exclusive to Coles. ® © and TM, The University of Sydney, used under licence. CD4097

* Data sourced from NUTTAB. #Unavailable in Tasmania.

Fish souvlaki wrap

Soak up the flavours of the Greek isles. Just one bite and you'll be hooked!

see recipe, page 60 >>

How our food works for you

see page 90

nutrition info

PER SERVE 1891kJ, **protein** 28g, **fat** 14.8g (sat. fat 3g), **carbs** 47g, **fibre** 5g, **sodium** 489mg.

- **Carb exchanges** 3.
- **GI estimate** medium.
- **Gluten-free option.**

nutrition info

PER SERVE 1646kJ, **protein** 17g, **fat** 15.1g (sat. fat 3.6g), **carbs** 41g, **fibre** 11g, **sodium** 388mg.

- **Carb exchanges** 2⅔.
- **GI estimate** low.
- **Gluten-free option.**

Ratatouille with potato pancake

Enjoy a rendezvous with this French vegie classic. *Bon appétit*!

see recipe, page 60 >>

Cooking for one

Dine in style every night with our ***quick and easy,*** fuss-free meals

nutrition info

PER SERVE 1699kJ, **protein** 33g, **fat** 10.2g (sat. fat 2.2g), **carbs** 42g, **fibre** 7g, **sodium** 504mg.

- **Carb exchanges** 2¾.
- **GI estimate** low.
- **Gluten-free option.**

Chicken rissoles with iceberg slaw

Red apple is the core ingredient that freshens up this crunchy combo.

see recipe, page 61 >>

GOOD for YOU

Looking for an alternative to rice or pasta? Give pearl barley a go! Its nutty flavour makes a great addition to stews, soups and salads. Processed to remove the bran and husk, it has a low GI so it keeps you feeling full for longer. It's also high in fibre.

nutrition info

PER SERVE 1824kJ, **protein** 42g, **fat** 15.2g (sat. fat 5.7g), **carbs** 25g, **fibre** 13g, **sodium** 401mg.

- **Carb exchanges** 1⅔.
- **GI estimate** low.

Lamb, pea and bean salad

Go for grains to make this dish pop. It's the ultimate green party!

see recipe, page 61 >>

Fish souvlaki wrap

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

100g firm white fish fillets, cut into cubes
1 tsp dried oregano
1 tsp extra virgin olive oil
Olive oil cooking spray
1 Vitastic Pittes pita bread or gluten-free pita bread
20g (1 cup) baby spinach leaves
1 small tomato, halved, thinly sliced
½ small Lebanese cucumber, peeled into ribbons
2 Tbsp Obela Premium Greek Style Yoghurt With Cucumber & Dill dip

1 Preheat a chargrill plate on medium-high. Combine fish, oregano and oil in a small bowl. Thread fish onto 2 small metal or bamboo skewers. Spray pita bread with cooking spray.
2 Add bread to chargrill and cook for 1-2 minutes on each side or until slightly charred. Transfer to a plate and set aside. Add fish skewers to chargrill and cook for 4-5 minutes, turning occasionally, or until fish is just cooked.
3 Arrange spinach, tomato and cucumber on pita bread. Remove fish from skewers and arrange on top of salad. Drizzle over yoghurt dip. Fold over pita bread and serve.

COOK'S TIP

If you prefer, you can replace the oregano with dried mixed herbs and the Obela yoghurt dip with low-fat Greek-style plain yoghurt, some chopped dill and a squeeze of lemon juice.

Ratatouille with potato pancake

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 1 (AS A MAIN)

¼ tsp extra virgin olive oil
½ zucchini, chopped
¼ red capsicum, chopped
½ small brown onion, chopped
1 small eggplant, chopped
1 large tomato, chopped
1 clove garlic, crushed
½ tsp Massel Salt Reduced Vegetable Stock Powder
60ml (¼ cup) boiling water
4 kalamata olives, pitted, chopped
5g shaved parmesan
2 Tbsp shredded basil leaves

Potato pancake
200g Carisma potatoes, peeled, coarsely grated, excess moisture squeezed out
50g egg, whisked
1 Tbsp wholemeal self-raising flour or gluten-free self-raising flour
Freshly ground black pepper, to season
1 tsp extra virgin olive oil

1 Heat oil in a medium saucepan over a high heat. Add zucchini, capsicum, onion, eggplant, tomato and garlic. Cook, stirring often, for 2 minutes. Add combined stock powder and water. Cover and bring to a simmer. Reduce heat to medium and cook, covered, for 10 minutes. Remove the lid and cook, uncovered, for a further 5 minutes.
2 Meanwhile, to make potato pancake, mix potato, egg, flour and pepper together in a small bowl until well combined. Heat oil in a small non-stick frying pan over a medium heat. Add potato mixture and spread out over the base of pan. Cook for 3 minutes or until base is golden brown. Turn over and cook for a further 2-3 minutes or until both sides are golden brown.
3 Put potato pancake on a serving plate. Spoon over ratatouille. Sprinkle over olive, parmesan and basil. Serve.

COOK'S TIP

If you prefer, you can replace the red capsicum with any colour capsicum, the parmesan with goat's cheese or low-fat ricotta and the basil with parsley.

Chicken rissoles with iceberg slaw

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 1 (AS A MAIN)

125g lean chicken breast mince
½ small red apple, coarsely grated, excess moisture squeezed out
2 Tbsp dried wholegrain breadcrumbs or gluten-free breadcrumbs
1½ Tbsp Rosella Fruit Chutney
1 tsp olive oil

Iceberg slaw

1 cup shredded iceberg lettuce
½ small red apple, thinly sliced
½ carrot, cut into matchsticks
¼ small red onion, cut into thin slivers
1 Tbsp Obela Premium Greek Style Yoghurt With Cucumber & Dill dip
2 tsp boiling water

1 **Put mince,** grated apple, breadcrumbs and 1 Tbsp chutney in a small bowl and mix well to combine. Shape into 3 rissoles.
2 **To make iceberg slaw,** put lettuce, apple, carrot and onion in a shallow serving bowl and toss to combine. Whisk yoghurt and water in a small bowl. Drizzle over slaw.
3 **Heat oil** in a medium non-stick frying pan over a medium heat. Add rissoles and cook for 3 minutes on each side or until cooked through. Serve with salad and remaining chutney.

COOK'S TIP

You can use green apple instead of red and 1 green shallot in place of the red onion.

Lamb, pea and bean salad

PREPARATION TIME: 5 MINS
COOKING TIME: 30 MINS
SERVES 1 (AS A MAIN)

60g (¼ cup) pearl barley, rinsed under cold water
65g (½ cup) frozen peas
50g (½ cup) frozen broad beans
Olive oil cooking spray
100g lamb fillet, trimmed of fat
1 cup mint leaves
30g reduced-fat feta, crumbled

Dressing

¾ tsp extra virgin olive oil
2 tsp white wine vinegar
Pinch caster sugar
Freshly ground black pepper, to season

1 **Cook barley** in a small saucepan of simmering water over a medium heat for 20-25 minutes or until almost tender. Add peas and beans and cook for a further 3-4 minutes or until just tender. Drain. Rinse under cold water until cool. Drain and set aside.
2 **Meanwhile,** heat a small non-stick frying pan over a medium-high heat. Spray lamb with cooking spray and add to pan. Reduce heat to medium and cook for 4 minutes, turning occasionally, or until just cooked. Rest for 5 minutes. Thinly diagonally slice.
3 **To make** dressing, whisk all the ingredients together in a small bowl.
4 **Combine barley** mixture, lamb and mint in a shallow serving bowl. Drizzle over dressing. Sprinkle over feta. Serve.

COOK'S TIP

Try replacing the lamb with chicken breast, the mint with basil or parsley and the feta with low-fat ricotta. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BEN DEARNLEY **STYLING** MARIE-HÉLÈNE CLAUZON **FOOD PREPARATION** MAX ADEY

Gluten-free baking

BAKER'S delight

It'll be ***love at first bite*** with these family-friendly gluten-free goodies!

Date and chocolate brownies

Start a deliciously fruitful affair with a delectable new favourite.

see recipe, page 66 >>

nutrition info

PER SERVE 370kJ, **protein** 1g, **total fat** 3.4g (sat. fat 1g), **carbs** 13g, **fibre** 2g, **sodium** 205mg. • **Carb exchanges** 1. • **GI estimate** medium. • **Gluten free.**

Banana and fig bread

Kick back with a cuppa – this super-nice slice is perfect for lazy loafing.

see recipe, page 66 >>

How our food works for you

see page 90

nutrition info

PER SERVE 659kJ, **protein** 1g, **total fat** 2.9g (sat. fat 0.7g), **carbs** 31g, **fibre** 2g, **sodium** 410mg.

- **Carb exchanges** 2.
- **GI estimate** medium.
- **Gluten free.**

Pizza muffins

All your favourite toppings are in one moreish morsel – so no knead for dough.

see recipe, page 68 >>

nutrition info

PER SERVE 608kJ, **protein** 4g, **total fat** 6.6g (sat. fat 1.9g), **carbs** 17g, **fibre** 1g, **sodium** 465mg.

- **Carb exchanges** 1.
- **GI estimate** medium.
- **Gluten free.**

Crowd-pleasing finger food really *RISES TO THE OCCASION*

nutrition info

PER SERVE 1207kJ, **protein** 13g, **total fat** 5.1g (sat. fat 1.7g), **carbs** 50g, **fibre** 4g, **sodium** 267mg.

- **Carb exchanges** 3⅓.
- **GI estimate** medium.
- **Gluten free.**

Pork and vegetable sausage rolls

Let the good times roll with these perennial party faves.

see recipe, page 68 >>

Date and chocolate brownies

PREPARATION TIME: 15 MINS PLUS 55 MINS STANDING AND COOLING
COOKING TIME: 35 MINS
MAKES 18 (1 PER SERVE AS A SNACK)

100g pitted dates, finely chopped
1 tsp bicarbonate of soda
250ml (1 cup) boiling water
Cooking spray
50g (½ cup) Nestlé Plaistowe Premium Dutch Processed Cocoa, plus extra for dusting (optional)
80g (½ cup, lightly packed) dark brown sugar
120g tub unsweetened apple puree
80g light margarine
2 x 50g eggs, lightly whisked
50g (⅓ cup) Woolworths Free From Gluten Self Raising Flour
2 Tbsp Woolworths Free From Gluten Plain Flour

1 **Put date** and bicarbonate of soda in a medium heatproof bowl. Pour over boiling water and stir well. Set aside for 15 minutes.
2 **Meanwhile,** preheat oven to 160°C (fan-forced). Spray a 20cm (base measurement) square cake tin with cooking spray. Line base and sides with baking paper.
3 **Put cocoa,** sugar, apple puree and margarine in a small saucepan. Add date mixture and cook, stirring, over a low heat for 5 minutes or until mixture is well combined. Set aside for 10 minutes to cool slightly. Add egg and whisk until well combined.
4 **Add flours** to date mixture and stir until well combined. Pour mixture into prepared tin and smooth the surface. Bake for 30 minutes or until a skewer inserted into the centre comes out almost clean (the mixture will still be slightly sticky). Set aside for 30 minutes before turning out onto a wire rack to cool completely. Dust with extra cocoa powder, if using. Cut into pieces and serve.

COOK'S TIP

Keep in an airtight container in the fridge for up to 1 week. To freeze, wrap pieces individually in plastic wrap and put in a resealable freezer bag. Label, date and freeze for up to 3 months.

Banana and fig bread

PREPARATION TIME: 15 MINS PLUS 25 MINS STANDING AND COOLING
COOKING TIME: 1 HOUR 20 MINS
MAKES 18 SLICES (1 SLICE PER SERVE AS A SNACK)

100g dried figs, finely chopped
1 tsp bicarbonate of soda
185ml (¾ cup) boiling water
160ml (⅔ cup) honey
80g light margarine
Cooking spray
400g (4 large) very ripe mashed bananas
2 x 50g eggs, lightly whisked
1 tsp vanilla essence
300g (2 cups) Woolworths Free From Gluten Self Raising Flour
1 tsp ground cinnamon
1 Tbsp sunflower seeds

1 **Put fig** and bicarbonate of soda in a large heatproof bowl. Pour over boiling water and stir well. Set aside for 15 minutes.
2 **Meanwhile,** put honey and margarine in a small saucepan. Cook, stirring frequently, over a medium heat until well combined. Set aside to cool slightly.
3 **Preheat oven** to 170°C (fan-forced). Spray a 6.5cm-deep 10cm x 21cm (base measurement) non-stick loaf tin with cooking spray. Line base and sides with baking paper, allowing paper to overhang sides. Add honey mixture to fig mixture and stir well. Add banana, egg and vanilla, and mix until well combined. Add flour and cinnamon. Mix until well combined.
4 **Pour mixture** into prepared tin. Sprinkle over sunflower seeds. Bake for 1 hour to 1¼ hours or until a skewer inserted into the centre comes out clean. Set aside for 10 minutes before turning out onto a wire rack to cool completely. Cut into 18 x 1cm-thick slices and serve.

COOK'S TIP

Keep in an airtight container in the fridge for up to 3 days or freeze on the day of baking. Wrap slices individually in plastic wrap and put in a resealable freezer bag. Label, date and freeze for up to 3 months. ➤

Coconut, almond and cranberry biscuits

The combinaton of berries and nuts makes for an all-round delicious bickie.

see recipe, page 69 >>

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nutrition info

PER SERVE 424kJ, protein 2g, **total fat** 5g (sat. fat 2.1g), **carbs** 13g, **fibre** 2g, **sodium** 8mg.

- **Carb exchanges** ¾.
- **GI estimate** medium.
- **Gluten free.**

Pizza muffins

PREPARATION TIME: 15 MINS
PLUS 40 MINS COOLING
COOKING TIME: 30 MINS
MAKES 12 (1 PER SERVE AS A SNACK)

Cooking spray
½ tsp olive oil
1 red capsicum, finely chopped
200g button mushrooms, finely chopped
50g gluten-free leg ham, finely chopped
10 kalamata olives, pitted, chopped
1 cup basil leaves, finely shredded
2 green shallots, thinly sliced
35g (⅓ cup) reduced-fat grated cheese
125ml (½ cup) low-fat milk
2 x 50g eggs
80g light margarine, melted, cooled
225g (1½ cups) Woolworths Free From Gluten Self Raising Flour
10g finely grated parmesan

1 **Preheat oven** to 170°C (fan-forced). Line 12 x 80ml (⅓ cup) muffin tins with paper cases. Spray cases with cooking spray.
2 **Heat oil** in a medium non-stick frying pan over a medium heat. Add capsicum and mushroom. Cook, stirring often, for 6-7 minutes or until mushroom softens. Set aside for 10 minutes to cool.
3 **Put capsicum** mixture, ham, olive, basil, shallot and cheese in a large bowl. Stir to combine. Whisk milk, eggs and margarine in a small bowl. Add to capsicum mixture and stir until well combined. Add flour and mix well. Divide mixture between paper cases. Sprinkle over parmesan. Bake for 20-22 minutes or until a skewer inserted into the centre of muffins comes out clean. Set aside for 30 minutes to cool completely (if muffins are warm they will stick to the paper). Serve.

COOK'S TIP

Keep in an airtight container in the fridge for up to 2 days or freeze on the day of baking. Wrap individually in plastic wrap. Put in a resealable freezer bag. Label, date and freeze for up to 3 months.

Pork and vegetable sausage rolls

PREPARATION TIME: 15 MINS
PLUS 15 MINS COOLING
COOKING TIME: 55 MINS
MAKES 16 (2 PER SERVE AS A LIGHT MEAL)

Whether sweet or savoury, these bite-sized beauties really *TAKE THE CAKE*

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ANDY LEWIS **STYLING** KRISTEN WILSON **FOOD PREPARATION** EMMA BRAZ

2 tsp extra virgin olive oil
3 brown onions, halved, very thinly sliced
3 carrots, coarsely grated
1 large zucchini, coarsely grated
3 tsp balsamic vinegar
400g extra-lean pork mince
2 Tbsp finely chopped dill
Woolworths Free From Gluten Plain Flour, for dusting
4 sheets Simply Wize Gluten Free Puff Pastry Sheets, defrosted following pack instructions
50g egg, lightly whisked
Fennel seeds or sesame seeds, for sprinkling
4 Tbsp salt-reduced tomato sauce, to serve
100g (4 cups) salad leaves, to serve
Extra balsamic vinegar, to serve (optional)

1 **Heat oil** in a large non-stick frying pan over a medium heat. Add onion, carrot and zucchini. Stir well. Reduce heat to low and cook, stirring occasionally, for 20-25 minutes or until onion is very soft. Stir in vinegar. Transfer to a large bowl and set aside for 15 minutes to cool.
2 **Add mince** and dill to vegetable mixture. Mix well to combine.
3 **Preheat oven** to 190°C (fan-forced). Line 2 oven trays with baking paper. Dust a clean work surface with flour. Roll out 1 sheet of pastry until it measures about 24cm x 24cm. Be careful not to roll the pastry too thin or it will split while cooking.
4 **Brush pastry edges** with a little egg. Divide mince mixture into 4 equal portions. Using your hands, shape 1 portion into a sausage shape that is the length of 1 side of the pastry square. Arrange along pastry length, about 1cm in from the edge. Roll up firmly to enclose filling. Trim the ends and cut into 4 even pieces. Brush with a little more egg and sprinkle with fennel or sesame seeds. Repeat with remaining pastry sheets and filling to make 16 sausage rolls in total. Divide sausage rolls between prepared trays.
5 **Bake for** 25-30 minutes or until pastry is golden brown. Serve with tomato sauce and salad leaves, drizzled with balsamic vinegar, if using.

Coconut, almond and cranberry biscuits

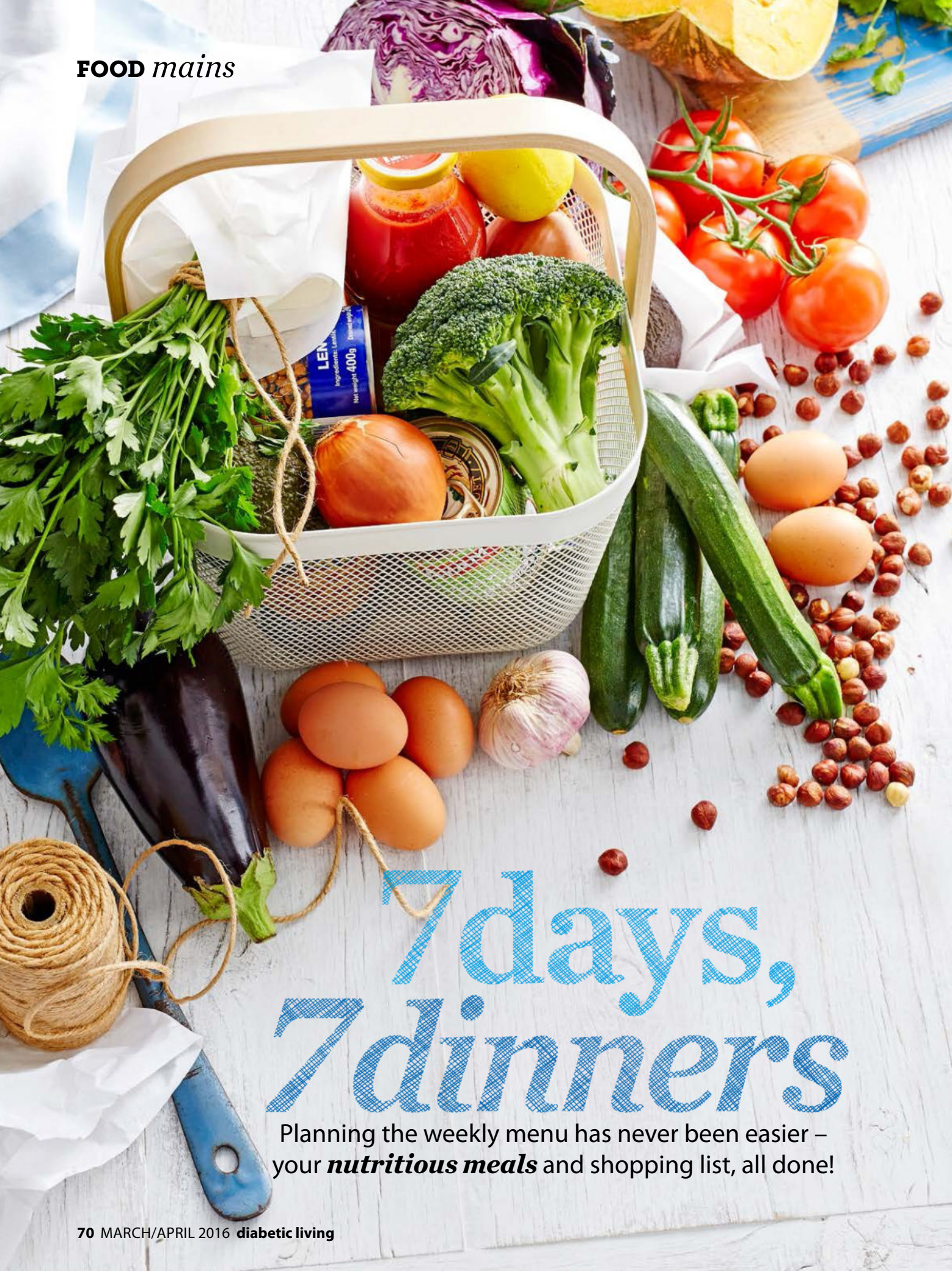
PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
MAKES 24 (2 PER SERVE AS A SNACK)

45g (½ cup) desiccated coconut
55g (½ cup) almond meal
2 eggwhites (from 50g eggs), at room temperature
110g (½ cup) caster sugar
40g (¼ cup) Ocean Spray Craisins Dried Cranberries, finely chopped
1 tsp gluten-free cornflour

1 **Preheat oven** to 170°C (fan-forced). Line 2 oven trays with baking paper. Spread coconut and almond meal on 1 tray. Bake for 5-7 minutes or until coconut is light golden brown. Transfer to a medium bowl and set aside.
2 **Using electric** beaters, whisk eggwhites in a medium bowl until soft peaks form. Add sugar 1 Tbsp at a time, whisking well between each addition, until sugar is dissolved. Once all the sugar has been added, continue to whisk until mixture is thick, glossy and smooth.
3 **Put cranberries** in a small bowl. Add cornflour and toss to combine. Add to eggwhite mixture with toasted coconut mixture. Mix until well combined.
4 **Spoon heaped** teaspoonfuls of the mixture onto prepared trays, making 24 shapes in total. Bake for 16-18 minutes or until biscuits are light golden brown. Set aside for 10 minutes before transferring to a wire rack to cool completely. Serve.

COOK'S TIP

Keep in an airtight container for up to 1 week. ■



7 days, 7 dinners

Planning the weekly menu has never been easier – your ***nutritious meals*** and shopping list, all done!

Monday

Beef, kale and pine nut pizza

A Turkish treat meets an Italian classic in this fabulous mince-up.

see recipe, page 78 >>

nutrition info

PER SERVE 1610kJ, **protein** 25g, **total fat** 14g (sat. fat 5g), **carbs** 37g, **fibre** 5g, **sodium** 445mg. • **Carb exchanges** 2½. • **GI estimate** low. • **Gluten-free option.**

Tuesday

Coconut and pumpkin poached fish

You'll be reeling in the compliments for this souped-up fish dish.

see recipe, page 78 >>

How our food works for you
see page 90

nutrition info

Left: **PER SERVE** 1649kJ, **protein** 30g, **total fat** 8.1g (sat. fat 5.7g), **carbs** 47g, fibre 7g, **sodium** 293mg.
- **Carb exchanges** 3.
- **GI estimate** low.
- **Gluten-free option.**

Below: **PER SERVE** 1691kJ, **protein** 32g, **total fat** 15.2g (sat. fat 3.5g), **carbs** 32g, **fibre** 5g, **sodium** 498mg.
- **Carb exchanges** 2.
- **GI estimate** low.
- **Gluten-free option.**

Leftovers

GROCERIES

Peri-peri sauce and pizza base: Combine sauce with yoghurt and spread over pizza base. Top with thin strips of skinless chicken breast fillet, shredded snow peas, capsicum, zucchini and mushroom. Sprinkle over grated reduced-fat cheese and bake. Top with a little extra yoghurt and coriander leaves, to serve.

Pine nuts: Toast and throw into salads or snack on a few with slices of apple.

Polenta: Combine with wholemeal plain flour and grated parmesan and use to coat fish after dipping in egg.

CHILLED

Yoghurt: Serve with fresh fruit and a few chopped unsalted pistachios. Drizzle with honey and a sprinkle of ground cardamom.

Lasagne sheets: Cut into thin strips and use instead of regular pasta.

Wednesday

Open peri-peri chicken burgers

Cancel the takeaway! These at-home burgers are ready in 10 minutes.

see recipe, page 79 >>

Thursday

Eggplant, pork and rosemary lasagne

Hearty individual pasta pies are a weeknight winner.

see recipe, page 79 >>

nutrition info

PER SERVE 2021kJ, **protein** 36g, **total fat** 12.7g (sat. fat 5.2g), **carbs** 52g, **fibre** 10g, **sodium** 220mg. • **Carb exchanges** 3½. • **GI estimate** low. • **Gluten-free option.**

Friday

Italian-style baked meatballs

Maximum flavour, minimum fuss – this easy, cheesy main is a tasty start to your weekend.

see recipe, page 79 >>

nutrition info

Left: **PER SERVE** 1601kJ, **protein** 31g, **total fat** 13.2g (sat. fat 6g), **carbs** 33g, **fibre** 5g, **sodium** 477mg.
- **Carb exchanges** 2¼.
- **GI estimate** low.
- **Gluten-free option.**

Below: **PER SERVE** 1843kJ, **protein** 38g, **total fat** 15g (sat. fat 4.6g), **carbs** 34g, **fibre** 5g, **sodium** 591mg.
- **Carb exchanges** 2⅓.
- **GI estimate** low.
- **Gluten-free option.**

Leftovers

FRUIT AND VEGETABLES

Basil: Add to a toasted sandwich with shredded chicken, rocket, roasted red capsicum and reduced-fat cheese.

Parsley: Combine with basil to make a pesto, or finely chop and add to sauces, pasta dishes or casseroles.

Rosemary: Perfect with roast lamb or finely chop and use in a marinade with mustard, garlic, red wine and a dash of extra virgin olive oil.

Cherry tomatoes: Spray with extra virgin olive oil cooking spray then roast in an oven preheated to 200°C (fan-forced) for 10-15 minutes or until the skins start to split. Add to salads or pasta sauces, or smash and spread over a pizza base.

Kale: Make into healthy chips. Cut kale into small pieces, spray with cooking spray and sprinkle with a few sesame seeds. Bake at 180°C (fan-forced) for 8-10 minutes or until leaves are crisp.

Saturday

Seafood and tomato pesto pasta

Fancy something special? Go for a twirl with our marvellous marinara.

see recipe, page 80 >>

nutrition info

PER SERVE 1712kJ, **protein** 34g, **total fat** 12.8g (sat. fat 2.4g), **carbs** 37g, **fibre** 8g, **sodium** 398mg.

- **Carb exchanges** 2½.
- **GI estimate** low.
- **Gluten free.**

gluten free

Sunday

Roasted chickpea, salmon and pomegranate salad

Make salad the main event – full of colour and crunch, it's a well-dressed affair.

see recipe, page 80 >>

TRY *something* NEW

Filling your trolley with the same things every week can leave you in a food rut. Luckily, *DL* dietitian Lisa Urquhart has five fresh additions for your shopping list – and lots of ways to use them

✓ **PASSATA:** You'll hear a chorus of 'bellissimo!' around the table when you dish up meals made with this Italian favourite. This rich tomato sauce has about two-thirds the sodium of most pasta sauces and no added sugar. Use it in pasta dishes, soups and hearty casseroles.

✓ **NO-ADDED-SALT CHICKPEAS:** A nutritious powerhouse of low-GI carbs, protein and fibre, versatile chickpeas are a satisfying staple. No-added-salt chickpeas contain hardly any sodium (200mg per 100g less than regular canned chickpeas) and, unlike the dried variety, you don't have to soak them the day before. Add them to curries, dips, salads and stews for a filling and delicious twist.

✓ **MASSEL CHICKEN STYLE SALT REDUCED STOCK POWDER:** Looking to slash salt but not taste? This handy product contains about half the sodium of regular stock powder and tastes great when teamed with dried herbs and spices in sauces, curries, soups and stews.

✓ **WOOLWORTHS SELECT PORTUGUESE STYLE PERI PERI SAUCE:** Add a little of this hot sauce to grills, barbecues and bakes to enjoy the rich, spicy flavours of Portugal. While some peri-peri sauces are loaded with sodium, this one contains about half the amount of other supermarket brands.

✓ **LOWER-GI RICE:** Brown or white low-GI rice will keep your blood glucose levels (BGLs) in check and help you feel fuller for longer. SunRice Doongara Clever Low GI White Rice has the lowest GI at 54 and is a great accompaniment to Asian dishes. Fragrant basmati rice (GI 58) is also a good choice, particularly when teamed with Indian food.

GOOD TO KNOW

As with all carbohydrates, the more you eat, the higher your BGLs will rise, so keep portion sizes in mind. For steadier BGLs, steer clear of jasmine rice (GI 109) and calrose rice (GI 84).

Your shopping list

GROCERIES

- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 420g can no-added-salt chickpeas
- ☐ 250ml bottle Woolworths Select Portuguese Style Peri Peri sauce
- ☐ 200g (2 pack) Mission Italian Pizza Base
- ☐ 700g jar Mutti Passata
- ☐ 400ml can Trident Light Coconut Milk
- ☐ 65g pkt pine nuts
- ☐ 500g pkt polenta

FRUIT AND VEGETABLES

- ☐ 2 punnets cherry tomatoes
- ☐ 1 bunch kale
- ☐ 1 bunch flat-leaf parsley
- ☐ 2 bunches basil
- ☐ 1 bunch rosemary
- ☐ 1 bunch coriander
- ☐ 100g baby spinach leaves
- ☐ 25g baby rocket leaves
- ☐ 1 small brown onion
- ☐ 1 small ripe avocado
- ☐ 1 large tomato
- ☐ 1 small zucchini
- ☐ 1 small eggplant
- ☐ 200g piece pumpkin
- ☐ 50g mixed salad leaves
- ☐ 2 pomegranates (or 70g seeds)
- ☐ 1 lemon
- ☐ 1 lime
- ☐ 150g green beans

MEAT AND POULTRY

- ☐ 180g extra-lean beef mince
- ☐ 230g extra-lean pork mince
- ☐ 200g skinless chicken breast fillet

CHILLED

- ☐ 500g pkt Woolworths Select Fresh Egg Pasta Lasagne Sheets
- ☐ 150g pkt hot smoked salmon
- ☐ 500g tub low-fat Greek-style plain yoghurt
- ☐ 60g bocconcini

SEAFOOD

- ☐ 100g cleaned baby octopus
- ☐ 50g cleaned scallops
- ☐ 200g green prawns
- ☐ 2 x 150g boneless white fish fillets

BAKERY

- ☐ 1 loaf wholegrain sourdough bread

HAVE AT HOME

- ☐ Extra virgin olive oil
- ☐ Olive oil
- ☐ Olive oil cooking spray
- ☐ Ground coriander
- ☐ Ground cumin
- ☐ Reduced-fat grated cheese
- ☐ Parmesan
- ☐ Freshly ground black pepper
- ☐ 6 cloves garlic
- ☐ Skim milk
- ☐ Dijon mustard
- ☐ Massel Salt Reduced Chicken Style Stock Powder
- ☐ SunRice Doongara Clever Low GI White Rice
- ☐ Cornflour
- ☐ Brown sugar
- ☐ Fish sauce

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Beef, kale and pine nut pizza

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

1 Mission Italian Pizza Base or gluten-free pizza base
20g slice wholegrain sourdough bread or gluten-free bread, processed into crumbs
1 tsp olive oil
100g extra-lean beef mince
2 tsp ground coriander
1 tsp ground cumin
185ml (¾ cup) Mutti Passata
12 cherry tomatoes, halved
70g kale, thick stem removed, shredded
2 tsp pine nuts
2 Tbsp reduced-fat grated cheese
10g finely grated parmesan
1 tsp finely grated lemon zest
50g (2 cups) mixed salad leaves, to serve

1 **Preheat oven** to 210°C (fan-forced). Line an oven tray with baking paper. Put pizza base on prepared tray. Spread breadcrumbs over a second oven tray. Bake pizza base and breadcrumbs for 5-6 minutes or until breadcrumbs are golden brown. Set aside.
2 **Meanwhile,** heat oil in a medium non-stick frying pan over a medium heat. Add mince, coriander and cumin. Cook, stirring often, for 1-2 minutes or until mince just browns. Add passata and cherry tomato. Simmer for 4 minutes. Add kale and cook, stirring often, for 1-2 minutes or until kale just begins to wilt.
3 **Spread mince mixture** over pizza base. Sprinkle over pine nuts and cheeses. Bake pizza for 8-10 minutes or until base is crisp and lightly browned. Put the toasted breadcrumbs and lemon zest in a small bowl and toss to combine. Sprinkle over pizza. Cut pizza into pieces and serve with salad leaves.

COOK'S TIP

If you prefer a milder taste, you can replace the beef mince with chicken breast mince.

Coconut and pumpkin poached fish

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

160ml (⅔ cup) Trident Light Coconut Milk
1 tsp Massel Salt Reduced Chicken Style Stock Powder
200ml water
200g piece pumpkin, peeled, coarsely grated
2 x 150g boneless white fish fillets
70g (⅓ cup) SunRice Doongara Clever Low GI White Rice
1 tsp cornflour or gluten-free cornflour
Extra 1 Tbsp water
1 tsp fish sauce or gluten-free fish sauce
2 tsp brown sugar
½ cup coriander leaves, roughly chopped
½ cup small basil leaves, shredded
150g green beans, trimmed, steamed, to serve
Lime wedges, to serve
Extra coriander leaves, to serve (optional)

1 **Put coconut milk**, combined stock powder and water and pumpkin in a small, deep non-stick frying pan. Bring to a simmer over a medium heat. Add fish. Reduce heat to medium-low and cook, turning once, for 10-15 minutes or until fish is just cooked.
2 **Meanwhile,** cook rice in a small saucepan of boiling water, following pack instructions or until tender. Cover and set aside.
3 **Using a slotted spoon,** remove fish from poaching liquid and transfer to a plate. Set aside. Combine cornflour and extra water in a small bowl. Add to poaching liquid and bring to a simmer over a medium heat. Cook, stirring, for 2-3 minutes or until the sauce thickens. Stir in fish sauce and sugar. Return fish to pan and cook for 1 minute or until warmed through.
4 **Stir coriander** and basil into rice. Divide rice and beans between shallow serving bowls. Spoon fish and coconut sauce over rice. Serve with lime wedges and extra coriander leaves, if you like.

COOK'S TIP

You can replace the beans with zucchini or squash and the lime with lemon.

Open peri-peri chicken burgers

PREPARATION TIME: 5 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

200g skinless chicken breast fillet, trimmed of fat, split lengthways
6 tsp Woolworths Select Portuguese Style Peri Peri sauce
Olive oil cooking spray
2 x 50g slices wholegrain sourdough bread or gluten-free bread
1 small avocado, flesh mashed until smooth
1 large tomato, sliced
25g (1 cup) baby rocket leaves
1½ Tbsp low-fat Greek-style plain yoghurt

1 **Combine chicken** and 5 tsp of the peri-peri sauce in a shallow dish. Turn chicken to coat. Set aside for 5 minutes to marinate.
2 **Preheat a chargrill plate** on medium-high. Spray both sides of bread and chicken with cooking spray. Add bread to chargrill and cook for 1-2 minutes on each side or until slightly charred. Transfer to serving plates.
3 **Add chicken** to chargrill and cook for 2 minutes on each side or until cooked through. Transfer to a plate to rest for 2 minutes. Slice in half diagonally.
4 **Spread bread** with avocado. Top with tomato, rocket and chicken. Combine yoghurt and remaining peri-peri sauce in a small bowl. Spoon over chicken. Serve.

COOK'S TIP

Prefer a fish burger? Just use 200g boneless white fish fillet, cut into 2 pieces, instead of chicken.

Eggplant, pork and rosemary lasagne

PREPARATION TIME: 15 MINS
COOKING TIME: 45 MINS
SERVES 2 (AS A MAIN)

1 small eggplant, thinly sliced into rounds
Olive oil cooking spray
½ tsp olive oil
1 small brown onion, finely chopped
2 cloves garlic, crushed
150g extra-lean pork mince
1 Tbsp roughly chopped rosemary leaves
500ml (2 cups) Mutti Passata
50g (2 cups) baby spinach leaves
250ml (1 cup) water
125ml (½ cup) skim milk
50g (¼ cup) polenta
½ cup small basil leaves
2 Woolworths Select Fresh Egg Pasta Lasagne Sheets or fresh gluten-free lasagne sheets
35g (¼ cup) reduced-fat grated cheese

1 **Preheat oven** to 210°C (fan-forced). Line an oven tray with baking paper. Arrange eggplant slices in a single layer on prepared tray and spray with cooking spray. Roast for 10 minutes or until tender. Set aside. Reduce oven temperature to 190°C (fan-forced).
2 **Meanwhile,** heat oil in a medium non-stick frying pan over a medium heat. Add onion and garlic. Cook, stirring occasionally, for 5-6 minutes or until onion softens. Increase heat to high and add mince and rosemary. Cook for 2 minutes or until mince changes colour. Add passata and simmer for 3-4 minutes or until sauce thickens. Stir in spinach.
3 **Bring water** and milk to a simmer in a small saucepan over a medium heat. Add polenta. Cook, stirring often, until mixture returns to a simmer. Cook, stirring occasionally, for 2-3 minutes or until polenta starts to thicken.
4 **Divide eggplant** between 2 x 375ml (1½ cups) ovenproof dishes. Sprinkle over basil then spoon over mince mixture. Top each dish with a layer of pasta. Pour polenta mixture evenly over pasta and smooth the surface. Sprinkle over cheese. Bake for 25-30 minutes or until cooked through. Serve.

COOK'S TIP

If you're not a fan of pork, you can use extra-lean beef or chicken breast mince instead.

Italian-style baked meatballs

PREPARATION TIME: 10 MINS
COOKING TIME: 20 MINS
SERVES 2 (AS A MAIN)

80g extra-lean beef mince
80g extra-lean pork mince
1 tsp Dijon mustard or gluten-free mustard
1 small zucchini, coarsely grated, excess moisture squeezed out
2 Tbsp finely shredded basil leaves
2 Tbsp finely shredded flat-leaf parsley leaves
Freshly ground black pepper, to season
¼ tsp extra virgin olive oil
1 clove garlic, crushed
400g can no-added-salt chopped tomatoes
½ tsp Massel Salt Reduced Chicken Style Stock Powder ➤

125ml (½ cup) water
60g bocconcini, sliced
Extra basil leaves, to serve (optional)
2 x 60g slices wholegrain sourdough bread or gluten-free bread, to serve

1 Preheat oven to 190°C (fan-forced). Combine minces, mustard, zucchini, basil and parsley in a large bowl. Season with pepper. Using your hands, shape into 6 even meatballs.
2 Heat oil in a medium non-stick frying pan over a medium-high heat. Add meatballs and cook, turning occasionally, for 2 minutes or until browned. Transfer to 2 small ovenproof dishes and set aside. Add garlic to pan and cook, stirring often, for 1 minute. Add tomato, stock powder and water. Bring to a simmer and cook, stirring occasionally, for 5 minutes.
3 Pour tomato sauce over meatballs. Put dishes on an oven tray and bake for 5 minutes. Remove tray from oven and sprinkle cheese over meatballs. Bake for a further 5 minutes or until meatballs are cooked through and cheese is melted. Top with extra basil leaves, if using. Serve with bread.

COOK'S TIP

You can replace the Dijon mustard with wholegrain mustard and the zucchini with 1 carrot.

Seafood and tomato pesto pasta

PREPARATION TIME: 10 MINS
COOKING TIME: 10 MINS
SERVES 2 (AS A MAIN)

250g punnet cherry tomatoes
2 cups basil leaves
2 cloves garlic, crushed
1 Tbsp freshly squeezed lemon juice
3 tsp extra virgin olive oil
100g cleaned baby octopus, quartered
50g cleaned scallops, roughly chopped
200g green prawns, peeled and deveined, chopped
4 Woolworths Select Fresh Egg Pasta Lasagne Sheets or fresh gluten-free lasagne sheets, cut into 2cm-thick strips
50g (2 cups) baby spinach leaves
30g shaved parmesan, to serve
Freshly ground black pepper, to serve

1 Put tomatoes, basil, garlic, lemon juice and 2 tsp olive oil in a small food processor. Cover and process until finely chopped and well combined. Set aside.
2 Heat remaining oil in a medium non-stick frying pan over a high heat. Add octopus, scallop and prawn and cook for 2 minutes, stirring, or until seafood is just cooked. Set aside.
3 Bring a medium saucepan of water to the boil over a high heat. Add pasta and cook for 2 minutes or until al dente. Drain and return to pan. Add tomato pesto and spinach to pan. Cook, tossing often, for 1-2 minutes or until spinach starts to wilt. Add seafood and cook, tossing often, until heated through.
4 Divide mixture between shallow serving bowls. Sprinkle over parmesan and season with pepper. Serve.

COOK'S TIP

If you prefer the convenience, you can replace the octopus, prawns and scallops with 250g marinara mix, cut into smaller pieces.

Roasted chickpea, salmon and pomegranate salad

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 2 (AS A MAIN)

420g can no-added-salt chickpeas, rinsed and drained, patted dry
Olive oil cooking spray
1 tsp ground cumin
½ bunch kale, thick stem removed, shredded
70g (⅓ cup) pomegranate seeds
150g pkt hot smoked salmon, skin removed, flaked into pieces

Lemon dressing
60g (¼ cup) low-fat Greek-style plain yoghurt
½ tsp finely grated lemon zest
1 tsp freshly squeezed lemon juice
1 tsp extra virgin olive oil
1 clove garlic, crushed

1 Preheat oven to 180°C (fan-forced). Line an oven tray with baking paper. Spread chickpeas in a single layer on prepared tray and spray with cooking spray. Add cumin and toss to combine. Roast for 25-30 minutes or until crisp.
2 Meanwhile, combine kale, seeds and salmon in a large bowl.
3 To make lemon dressing, whisk together all ingredients in a bowl.
4 Add chickpeas to kale mixture and toss to combine. Divide salad between shallow serving bowls. Drizzle over dressing and serve.

COOK'S TIP

To save time, instead of roasting the chickpeas you can use 75g of Chic Nuts Roasted Chickpeas. ■

RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN **PHOTOGRAPHY** BRETT STEVENS **STYLING** YAEL GRINHAM **FOOD PREPARATION** WENDY QUISUMBING

GUILT FACTOR. ZERO.

SUGAR-LIKE TASTE WITHOUT ALL THE CALORIES

Equal NEXT is a unique blend of sweetness, specially combined to create a deliciously rich sugar-like taste, without all the calories! It's the next generation of sweet. From coffees to cocktails, Equal NEXT can be used to replace sugar in your hot or cold beverages, cereals and fruits.

Equal NEXT is available in 100 sachet packs from major retailers nationwide. Each sachet (15kJ) is equivalent in sweetness to two teaspoons for sugar (140kJ).

RASPBERRY PEACH & VANILLA POPTAILS

Serves: 6

INGREDIENTS

200g fresh or frozen raspberries,
5 **Tbsp Equal syrup****
1 1 /2 cups cold water
3 ripe peaches, sliced
1 1/2 tsp vanilla bean paste
12 large mint leaves

METHOD

** To make Equal syrup, combine 3/4 cup of Equal Spoonful (or 16 Equal NEXT Sachets) and 3/4 cup of water in a large jug. Stir until the Equal has dissolved.

1. Place raspberries, 2 tablespoons of the Equal syrup and 1/2 cup water in a blender and blend until the mixture is completely smooth.
2. Pour the mixture evenly into 6 ice-pop moulds. Add paddle pop sticks to the mould and place in the freezer for 20 minutes, until the raspberry layer has started to solidify.
3. Place the remaining water into the blender and add peaches, vanilla bean paste, mint and 3 tablespoons Equal syrup and blend until the mixture is completely smooth.
4. Add the peach mixture to the top of the raspberry layer and return to the freezer until frozen solid.

Per Serve: Energy 331 kJ, Protein 2 g, Fat, total 0.3g, Saturated fat 0.1g, Carbohydrate 13.9g, Sugars 10.9g, Dietary fibre 4.5g, Sodium 6.7mg

WHITE SANGRIA ICED TEA

Serves: 8

INGREDIENTS

1/2 cup mixed berries (chopped strawberries, blueberries and raspberries)
8 pitted lychees
1 green apple, thinly sliced
1/2 mango, thinly sliced
1 peach, thinly sliced
Juice of 1 lemon
Ice cubes
1 cup white wine
1 cup Earl Grey tea, unsweetened and cooled
1 cup Equal Spoonful or 24 **Equal NEXT sachets**
1 cup Soda water

METHOD

1. In a large punch bowl, combine all the fruit and the lemon juice and allow to sit for 10 minutes so that the flavours infuse. Add the ice, wine, tea, Equal and soda water to the fruit mix, stir well. Freeze for 1 hours to chill. Serve.

Energy 369kJ, Protein 1 g, Fat, total 0.2g, Saturated fat 0 g, Carbohydrates 13.6g, Sugars 10.4g, Dietary fibre 2.2g, Sodium 10.7mg

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Get CRACKING!

Make an ***eggs-cellent brekkie*** in minutes with just three simple steps

Poached egg

PREPARATION TIME: 5 MINS
COOKING TIME: 5 MINS
SERVES 1 (AS PART OF A MEAL)

3 tsp white vinegar
1 fresh 50g egg, at room temperature

Step 1 Bring a medium saucepan of water to the boil over a high heat. Add vinegar. Reduce heat to medium, so water is simmering. Using a large metal or wooden spoon, create a whirlpool in water.
Step 2 Crack egg into a small bowl and slide it into the centre of the whirlpool, as close to the surface as possible. Cook, without stirring, for 2-3 minutes for a soft-poached egg or 3-4 minutes for a firmer yolk.
Step 3 Using a slotted spoon, transfer egg to a plate lined with paper towel to absorb excess cooking liquid. Serve.

nutrition info

PER SERVE 236kJ, **protein** 5g, **total fat** 3.7g (sat. fat 1.3g), **carbs** 0g, **fibre** 0g, **sodium** 56mg.
- **Carb exchanges** 0.
- **GI estimate** N/A.
- **Gluten free.**

FEED A CROWD

Here's how to cook several poached eggs at a time:
- Fill a medium bowl with cold water and set aside.
- Poach 1 egg, following Steps 1 and 2 (left). Transfer the cooked egg to the bowl of cold water to prevent it from cooking any further. Return poaching liquid to a simmer and use a slotted spoon to remove any residual egg.
- Continue to poach as many eggs as required, transferring to the cold water once cooked.
- To reheat eggs for serving, refill the saucepan with water and bring to the boil over a high heat. Turn off heat and use the slotted spoon to return eggs to pan. Cover and set aside for 1 minute. Follow Step 3 to absorb excess cooking liquid. Serve.

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RECIPES ALISON ROBERTS; LISA URQUHART, DIETITIAN PHOTOGRAPHY BRETT STEVENS
STYLING AMBER KELLER FOOD PREPARATION LUCY BUSUTTIL

Eggs Benedict

PREPARATION TIME: 15 MINS
COOKING TIME: 15 MINS PLUS 5 MINS FOR EACH POACHED EGG
SERVES 4 (AS A BREAKFAST)

500g vine-ripened cherry tomatoes, roasted, to serve
2 wholemeal English muffins, split, or 4 slices gluten-free bread, toasted
40g (1½ cups) baby spinach leaves
8 thin slices salt-reduced leg ham
4 poached eggs (see recipe, opposite)
Freshly ground black pepper, to serve

Hollandaise sauce

2 x 50g egg yolks, at room temperature
2 Tbsp freshly squeezed lemon juice
50g light margarine
1 Tbsp extra-light cream cheese
Freshly ground white pepper, to season
1 Tbsp boiling water (optional)

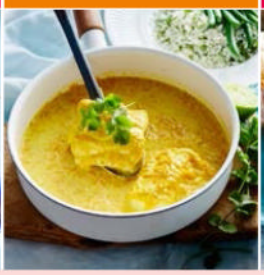
1 To make hollandaise sauce, whisk egg yolks and lemon juice in a small heatproof bowl. Bring a small saucepan of water to the boil over a high heat. Reduce heat to keep water just simmering. Sit bowl on the saucepan, ensuring it does not touch the water. Add 1 tsp of the margarine and whisk until melted. Continue adding margarine, a little at a time, whisking well after each addition, for 8-10 minutes or until sauce begins to thicken. Whisk in cream cheese. Remove bowl from heat. Season sauce with white pepper and set aside.
2 Divide tomatoes between serving plates. Add muffins and top with spinach, ham and eggs.
3 Return bowl of sauce to saucepan of simmering water and cook, whisking, for 2-3 minutes or until warmed through, adding boiling water to thin, if needed. Spoon sauce over eggs. Sprinkle with pepper and serve.

nutrition info

PER SERVE 1073kJ, **protein** 16g, **total fat** 13.9g (sat. fat 2.6g), **carbs** 15g, **fibre** 4g, **sodium** 296mg.
• **Carb exchanges** 1. • **GI estimate** low.
• **Gluten-free option.** ■

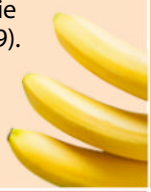
Plan your week,

Wondering what to eat this week? Try these delicious meal and snack ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H_2O	Start each day with a glass of water. It's recommended that you have 6-10 glasses			
Breakfast	1 slice toasted sourdough or fruit bread spread with 2 tsp lemon curd. Serve with 1 piece fresh fruit and 1 skim latte.	Banana and chia smoothie (page 89).	1 cup chopped fresh fruit, 170g tub Tamar Valley Dairy Greek Style No Added Sugar Strawberry Yoghurt and 5 walnut halves.	Fruit sourdough with goat's cheese and fig (page 89).
Optional snack	The Bar Counter High Protein Dark Chocolate & Almond bar.	1 Ryvita topped with 2 slices tomato and 1 sliced hardboiled egg, sprinkled with pepper.	The Bar Counter High Protein Dark Chocolate & Almond bar.	170g tub Tamar Valley Dairy Greek Style No Added Sugar Passionfruit Yoghurt.
Lunch	Check out our vegetarian light meals on page 48. They're high in protein, so			
Optional snack	100g low-fat Greek-style plain yoghurt served with 6 sliced strawberries and ½ tsp honey.	Date and chocolate brownie (page 66).	2 Tbsp low-fat fresh ricotta mixed with 1 Tbsp tomato relish. Serve with 1 carrot and 1 celery stalk.	1 piece fresh fruit.
Dinner	Eggplant, pork and rosemary lasagne (page 79). ***Pictured above.***	Coconut and pumpkin poached fish (page 78). ***Pictured above.***	Italian-style baked meatballs (page 79). ***Pictured above.***	Open peri-peri chicken burger (page 79). ***Pictured above.***
Alcohol	If you choose to drink, stick to 1-2 standard drinks a day. It's also a good idea to			
Optional dessert	Dark chocolate espresso tart (page 36).	1 piece fresh fruit.	Dark chocolate espresso tart (page 36).	Chocolate hazelnut ice-cream (page 38).
Exercise		Aim for 20-60 minutes of moderate exercise each day.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!

THURSDAY	FRIDAY	SATURDAY
a day, depending on the weather and how active you are.		
Banana and chia smoothie (page 89). 	2 Weet-Bix, 3 Tbsp low-fat Greek-style plain yoghurt, ⅓ cup blueberries, ½ cup low-fat milk, 1 Tbsp sunflower seeds and 1 tsp honey.	Quick eggs with tomato, spinach and cheese (page 89).
1 piece fresh fruit.	2 Arnott's Cruskits served with 1 tsp tomato relish and 20g reduced-fat cheddar.	100g low-fat Greek-style plain yoghurt served with 6 sliced strawberries and ½ tsp honey.
they'll keep you feeling full until dinner time.		
2 Tbsp low-fat fresh ricotta mixed with 1 Tbsp tomato relish. Serve with 1 carrot and 1 celery stalk.	Date and chocolate brownie (page 66).	2 Arnott's Snack Right Fruit Slice Sultana biscuits.
Roasted chickpea, salmon and pomegranate salad (page 80). ***Pictured above.***	Beef, kale and pine nut pizza (page 78). ***Pictured above.***	Seafood and tomato pesto pasta (page 80). ***Pictured above.***
have a couple of alcohol-free days a week.		
1 fresh medjool date served with 5 almonds.	1 piece fresh fruit.	Chocolate hazelnut ice-cream (page 38).
Always discuss your exercise plans with your doctor first.		

WORDS LISA URQUHART, DIETITIAN **PHOTOGRAPHY** ISTOCKPHOTO, GETTY IMAGES

Take it outside!

The weather is still warm so it's a great time to get outdoors and be active – it's a win-win for your physical and mental health. Just keep these simple tips in mind to stay safe in the sun…

Remember to drink! In the heat of the day you can lose more than a litre of sweat per hour and, if unchecked, this can lead to high blood glucose levels (BGLs) and dehydration.

- Most people need two to three litres of water per day.
- Take regular drink breaks – water is best, but if you are exercising for longer than 60 minutes or take insulin you may need a sports drink.

Check your BGLs before, during and after exercise.

- High and low BGLs can be dangerous during physical activity, so ask your care team for a plan to ensure you stay steady.
- Be extra careful if you take insulin or some diabetes medications, as they can play havoc with your BGLs during exercise.

Pack a hypo kit if you take insulin.

- This should contain about 30g of fast-acting carbohydrates, such as a juice popper or seven or eight jelly beans.
- Talk to your care team about how to avoid and manage hypos (when BGLs drop too low) when out and about.

Start slow – if you haven't been active for a while, it's a great time to begin.

- Have a chat to your doctor about the best activities for you.
- Visit an accredited exercise physiologist who is specially trained to give exercise advice to people with conditions such as diabetes.
- Remember to make it fun! ■

Culture CLUB

Eating yoghurt every day can keep type 2 at bay – and the benefits don't stop there! *DL* dietitian ***Dr Kate Marsh*** reports

The average Aussie eats 7.2kg of yoghurt a year, and for good reason: the white stuff can boost bone health, soothe your stomach and even reduce your risk of developing type 2 by 18 per cent if you eat a serve of about 250g a day.

The good stuff

Yoghurt is made from fresh milk fermented with live bacteria cultures. These are thought to help restore the body's natural gut flora (the microorganisms that live in the gut) and benefit digestive health.

There's also increasing evidence that these bacteria play a role in metabolic health and may reduce the risk of obesity, insulin resistance and impaired glucose metabolism.

Yoghurt is one of the best dietary sources of calcium. It is also rich in protein and provides B-group vitamins, zinc and phosphorous. **KEEP IN MIND** The calcium content varies between brands, so always read the labels.

Don't fear full fat!

If you are watching your weight, lower-fat yoghurts can boost your protein and calcium intake, while cutting down on fat and kilojoules. On the other hand, if you follow a healthy diet that's low in saturated fats, choosing full-fat yoghurt shouldn't be a problem. **TOP TIP** Low-fat flavoured yoghurts often contain more carbs and kilojoules than full-fat plain yoghurt, so check the labels.

Go au naturel

Plain yoghurt contains no flavouring or added sugar, making it the most waist-friendly option. **TOP TIP** Add plain yoghurt to curries and soups or team it with fruit and nuts for a snack or dessert. It also makes a good replacement for mayonnaise or sour cream.

Consider those carbs

The carbs in low-fat plain yoghurt come from its natural milk sugar (lactose) and can range from 4-10g per 100g. Flavoured yoghurts also contain sugars in the form of sugar, fruit, fruit juice concentrate or honey. Both plain and flavoured varieties have a low glycaemic index (GI), so will only cause a gradual rise in blood glucose levels (BGLs). **KEEP IN MIND** Because they contain more carbs than the plain variety, flavoured yoghurts will cause a greater rise in BGLs.

KNOW YOUR YOGHURTS

GREEK is traditionally made by straining out the liquid whey, which leaves the yoghurt thick and creamy. Although some brands have a higher protein content than other types, they can also have a higher saturated fat content and lower calcium levels. Check the labels before buying.

GREEK STYLE is not strained and usually contains thickeners such as cream, milk solids, gelatine or gums to create a creamy texture.

POT SET is when milk and live cultures are added straight to the pot, so no thickeners are added.

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SUPERMARKET WINNERS

Try it, *love it*

Full fat or low fat? Greek style or pot set? Dr Kate Marsh shares her picks of the ***tastiest tubs*** in the dairy cabinet

Tamar Valley Dairy Greek Style All Natural Yoghurt

This full-fat yoghurt contains almost 10g of fat per 100g, but the thick texture makes it the perfect alternative to sour cream. It's also high in protein and calcium.
542kJ and 5.2g carbs per 100g

Jalna Pot Set Berry Fruit Low Fat Creamy Yoghourt

Made with low-fat milk, pureed berries and three strains of beneficial bacteria, this pot-set yoghurt has no added sugars or artificial sweeteners.
373kJ and 12.6g carbs per 100g

Jalna BioDynamic Organic Yoghourt With Bush Honey

Sweet and creamy, this yoghurt is a great dessert topping and a good alternative to thickened cream, with less than a third of the kilojoules and an eighth of the fat.
445kJ and 12.8g carbs per 100g

Black Swan Vanilla Bean Greek Style Natural Yoghurt

Great for those who are sensitive to lactose, this is lactose free and does not contain added sugars, unlike many vanilla yoghurts.
410kJ and 13.8g carbs per 100g

Soy Life Vanilla Crème Yoghurt

Can't tolerate dairy? Yoghurt doesn't need to be off limits. Soy yoghurts contain more added sugar than regular products, but this one is low in fat and lactose free.
323kJ and 13.8g carbs per 100g

Black Swan Naturally Sweet Greek Style Breakfast Yoghurt

This product is made by breaking down lactose into its component sugars, so it tastes sweet and is okay for those with lactose intolerance.
406kJ and 10.3g carbs per 100g

Nestlé Soleil No Fat No Added Sugar Vanilla Flavour

Watching your weight and want to avoid high-kilojoule flavoured yoghurts? This fat-free choice uses vanilla and artificial sweeteners to satisfy your sweet tooth.
158kJ and 4.4g carbs per 100g

Tamar Valley Dairy Light Greek Style All Natural Yoghurt

Containing just milk, milk solids, cream and cultures, this high-calcium (180mg/100g) yoghurt has 4.7g fat per 100g – about half that of many Greek-style types.
379kJ and 6.1g carbs per 100g

Chobani Plain 2% Fat Yogurt

Low in fat but high in protein, this product is made using the traditional Greek straining technique so it has a thick, creamy texture without the need for added thickeners.
298kJ and 4.2g carbs per 100g ■

PHOTOGRAPHY GETTY IMAGES

All the tips, tricks and ***inside knowledge*** for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

HOW TO...

POACH PEACHES

Versatile poached peaches are great as a snack, dessert or as part of a brekkie. And they're super-easy to prepare!

SERVES 16 (½ PEACH PER SERVE)

1 Using a small, sharp knife, cut a small cross in the base of 8 firm, ripe **freestone peaches** (buying this type of peach will make it easier to remove the stones in Step 4).

2 Put 1.5L (6 cups) **water,** 220g (1 cup) **caster sugar** and 2 **cinnamon sticks,** broken in half, in a large saucepan with the scraped seeds and pod of 1 **vanilla bean.** Cook over a low heat, stirring, until sugar dissolves.

3 Add peaches and cover with a disc of baking paper slightly larger than the rim of the pan, pressing down slightly to cover the surface. Bring to a simmer then reduce heat to medium-low and cook, covered, for 10-20 minutes or until peaches are tender.

4 Using a slotted spoon, transfer peaches to a bowl. Set aside to cool. Remove skins and discard. Halve peaches, remove stones and cut into wedges. Transfer to a clean jar with about 2 cups of poaching liquid. Seal lid and set aside to cool. Refrigerate for up to 2 weeks.

PER SERVE 329kJ, **protein** 1g, **total fat** 0.1g (sat. fat 0g), **carbs** 19g, **fibre** 1g, **sodium** 1mg. • **Carb exchanges** 1⅓. • **GI estimate** medium. • **Gluten free.**

60-SECOND LOW-CARB SNACK

Serve 3 Tbsp avocado dip with ½ small Lebanese cucumber, cut into sticks, 1 celery stick, cut into sticks, and 3 baby (Dutch) carrots.

PER SERVE 527kJ, **protein** 2g, **total fat** 11g (sat. fat 2.4g), **carbs** 3g, **fibre** 4g, **sodium** 104mg. • **Carb exchanges** ¼. • **GI estimate** low.

To discover which *Diabetic Living* recipes are vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 150. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au

GRILLER THRILLER

If you love a barbecue but hate the hassle, consider Sunbeam's ReversaGrill, $159, a compact, all-weather indoor alternative to a bulky outdoor barbie. It has two sides – a ribbed grill for cooking steaks, chicken and sausages; and a flat plate for fish, eggs or pancakes. The plate is dishwasher safe, so it's easy to clean. Visit sunbeam.com.au

SUPERMARKET CRUSH

Next level

If you're looking to switch from sugar to sweetener, why not give Equal Next a go? It tastes like sugar without all the kilojoules. Try using it in cold drinks such as iced tea or smoothies, or on cereal. Mix it with low-fat Greek-style plain yoghurt and serve with fresh fruit for brekkie or a snack. Each sachet is equivalent in sweetness to two level teaspoons of sugar. Available at major supermarkets for $5.99 for a box of 100 sachets. equalchoice.com.au

PHOTOGRAPHY ISTOCKPHOTO, GETTY IMAGES

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QUICK AND EASY

Brekkie ideas

Sweet or cheesy, these breakfast treats will have everyone rising and shining

Fruit sourdough with goat's cheese and fig

Spread a 60g slice **fruit sourdough** with 1 Tbsp **goat's cheese.** Top with 1 large sliced **fig,** drizzle with 1 tsp **honey** and sprinkle with a few sprigs of **lemon thyme.** Serve with a 200ml **skinny latte.**

PER SERVE 1387kJ, **protein** 15g, **total fat** 7.2g (sat. fat 3.8g), **carbs** 51g, **fibre** 4g, **sodium** 275mg. • **Carb exchanges** 3⅓. • **GI estimate** low.

Quick eggs with tomato, spinach and cheese

Whisk 2 x **50g eggs,** 2 Tbsp **skim milk** and **freshly ground black pepper** in a small microwave dish. Add 5 chopped **cherry tomatoes.** Cook on medium/50% for 4-5 minutes, stirring every minute, or until just set. Stir in 15g (½ cup) **baby spinach** and 2 Tbsp **reduced-fat grated cheese.** Serve with an **orange,** cut into wedges.

PER SERVE 1125kJ, **protein** 20g, **total fat** 12.6g (sat. fat 5.6g), **carbs** 15g, **fibre** 7g, **sodium** 248mg. • **Carb exchanges** 1. • **GI estimate** low. • **Gluten free.**

Banana and chia smoothie

Put 2 Tbsp **Sustagen Vanilla powder,** 1 small **banana,** 170g tub **Chobani Plain 2% Fat Yogurt,** 185ml (¾ cup) **low-fat milk,** 2 tsp **chia seeds** and ¼ cup **ice cubes** in a blender. Blend until smooth. Serve.

PER SERVE 1486kJ, **protein** 28g, **total fat** 9g (sat. fat 3.5g), **carbs** 39g, **fibre** 5g, **sodium** 202mg. • **Carb exchanges** 2⅔. • **GI estimate** low. • **Gluten free.**

Food that *works* for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a ***healthy, balanced*** diet

If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements, as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low, medium or high GI, or gluten free. Easy!
Alison Roberts, Food Editor *(far left)*
Lisa Urquhart, Dietitian

Serves 2 (as a main)
We show whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, 'as an occasional dish', it should only be eaten as a treat, such as once a fortnight.

Brand names
We sometimes use brand names to make it easy for you to find nutritionally suitable foods at the shops.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Salmon, spinach and corn pizza

PREPARATION TIME: 10 MINS
COOKING TIME: 15 MINS
SERVES 2 (AS A MAIN)

2 Vitastic Souvlaki & Pizza Lite Pittes
2 tablespoons sweet chilli sauce
60g (6 cups) baby spinach leaves
50g button mushrooms, thinly sliced
½ small red capsicum, cut into thin strips
60g (⅓ cup) fresh or frozen corn kernels
185g can Tassal Premium Tasmanian Salmon in Springwater, flaked
80g (⅔ cup) 30% fat-reduced grated cheddar cheese
45g (3 cups) mixed salad leaves
Lemon juice or balsamic vinegar, to drizzle (optional)

1 Preheat oven to 200°C (fan-forced). Place the bread bases on a baking tray. Spread each with 1 tablespoon of sweet chilli sauce.
2 Top bread bases with spinach, mushroom, capsicum, corn and salmon. Sprinkle the cheese over.
3 Bake pizzas for 12 minutes or until the cheese melts and the bases are crispy.
4 Serve the pizzas with salad leaves, drizzled with lemon juice or balsamic vinegar, if you like. ➤

nutrition info
PER SERVE 2171kJ, **protein** 33.8g, **total fat** 19.3g (sat. fat 8.4g), **carbs** 49.7g, **fibre** 5.3g, **sodium** 630mg.
- **Carb exchanges** 3⅓.
- **GI estimate** medium.

How our food works for you
see page 90

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Make counting carbs easy: one carb exchange = 15g carbs. Aim for 1-2 exchanges in snacks, and 1-4 exchanges in a meal.

PHOTOGRAPHY LOUISE LISTER (FOOD)

CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* **Kilojoules** 8700kJ **Protein** 50g **Total fat** 70g **Saturated fat** 24g **Carbs** 310g **Fibre** 30g **Sodium** 2.3g

To lose weight* **Kilojoules** 6000kJ **Protein** 50g **Total fat** 40-50g **Saturated fat** 15g **Carbs** 180g **Fibre** 30g **Sodium** less than 1.6g

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

LIVING *well*

In this ISSUE

Let's get physical
Start exercising at any age – even in your 80s!

Top-to-toe health
From headaches to foot care, we've got you covered!

Testing, testing
All your blood glucose monitoring questions answered

Home alone
How to manage your diabetes when you live on your own

Real-life inspirations
These readers prove that diabetes can change your life – for the better!

PHOTOGRAPHY GETTY IMAGES

YOUR **GET-STARTED** CHECKLIST

Ready to commit to a new fitness routine? *DL* exercise physiologist Christine Armarego explains how to get the most out of your workout in three simple steps…

Yes, you can! GET FIT at *ANY AGE*

It's true – you're never too old to start exercising! Meet four men and women who found *fitness after 50*

Haven't pulled on a pair of running shoes since buying that Jane Fonda workout video in 1986? No worries! 'It's never too late to start,' reassures *DL* exercise physiologist Christine Armarego. 'In fact, research shows that the older and the less active you are, the more you have to gain by exercising.'

When it comes to diabetes management, regular exercise can help keep your weight and blood glucose levels (BGLs) in check as well as improving your insulin sensitivity. And the benefits don't stop there. Exercise can also help protect you from osteoporosis, ease the pain of arthritis, improve your heart health, strengthen your muscles and even increase your life span. Whether you're doing a spot of gardening, walking the dog or simply window-shopping, every little bit counts.

So if you have type 1 or type 2, are at risk of developing diabetes, or just want to boost your health and fitness, these men and women of all ages may help inspire you to get moving today. ➤

TALK TO YOUR CARE TEAM

'A personalised exercise program is the best way to start any new routine as it ensures you target what you want to achieve,' says Armarego.

'Talk with your GP or an accredited exercise physiologist before you get started, and check in regularly throughout your fitness journey.'

'Exercise acts as an insulin sensitiser – it helps your medication to work better, or in some cases may replace medication. These changes in medication need to be managed with your healthcare provider.'

TAKE IT SLOW

'Fitness results usually take longer than we want,' says Armarego. 'Give your body time to adapt to exercise and to respond by getting fitter.

'Some changes, such as improved BGLs, can be seen quickly, but changes in muscle mass and weight take more like eight to 12 weeks of committed exercise to occur. Aim for consistency first, then build up to doing longer sessions as your fitness improves.'

STAY POSITIVE

Lacking motivation? 'Find ways to measure your success,' says Armarego. 'Whether that's losing weight, walking further or faster, lifting heavier weights, or more consistent BGLs. Record these as there will be days when it's harder than others to get going.'

50s

Millie Jackson

AGE 55

STARTED EXERCISING
5 YEARS AGO

While she doesn't have diabetes, Millie Jackson's mother did. And her aunts. And three of her sisters. Diabetes was always a part of Millie's life. She even started testing her BGLs while at university – just to be safe. Then, when she was nearing 50, her doctor laid it on the line: she was very overweight and heading toward diabetes.

Millie knew she needed to exercise, lose weight and eat more healthily or she would join her family of type 2s. As she worked at a university, Millie had access to the school's fitness facilities. She started with low-impact workouts and walking, and after about a year she began jogging. Then jogging turned into running.

But Millie didn't stop there. She enlisted the help of a friend and personal trainer to coach her in running and ocean swimming. With a fear of deep water, Millie was scared at first, but she pushed through. And after just a few months she had competed in her first 5km road race and did her first triathlon the following spring.

'You have to start slow,' Millie says. 'I started off walking before I ran. Find a group to walk with. It's easy to give up and get discouraged, but finding someone to support you makes it easier. Go out and do something, and do it consistently.'

And Millie's competitive spirit has only grown. She has participated in more than 50 events since she started exercising five years ago, including two half-Ironman races last summer.

Millie's hard work paid off. She has lost more than 72 kilos and no longer suffers from high blood pressure and sleep apnoea. Even better, she hasn't developed diabetes. And with a continued healthy lifestyle, she and her doctor don't expect that to change.

Her advice? 'Don't just sit and wait for it to happen. Start as soon as you can to do something about your health – it's never too late.'

Alex Williams

AGE 58

STARTED EXERCISING 10 YEARS AGO

After being diagnosed with type 1 at the age of 17, Alex Williams became obsessed with fitness. However, within three years, his physical activity reached an extreme that ultimately backfired. 'I ended up in intensive care for a week,' Alex recalls. 'I was doing so much that I had a hypo (low BGLs) that I'm sure was meant to kill me. I suffered low-level brain damage, which affects my short-term memory. It scared the hell out of me.'

Understandably, Alex was cautious about jumping back into exercise, but in his 40s he discovered a passion for walking. When that passion became serious he decided to sign up for the Marathon des Sables, a 250km endurance walk (or run) across the Sahara Desert in Morocco.

'Starting from an average level of fitness, I gave myself two years to prepare,' says Alex. During those two years he walked 5000km, including 14 times around a 62km loop track at Wilsons Promontory in Victoria.

Alex is proud to have walked 95km in the desert ultra-marathon. 'I didn't finish the course as I ended up with hypokalaemia, which is a potentially deadly condition. It's where you can't maintain a healthy level of potassium in your blood,' he says.

Back home, Alex took a break before returning to his rigorous training program, but he then suffered another severe hypo. 'I didn't do anything for 12 months after that. Then I thought, "I've got to get back on the horse and rebuild my confidence."'

Now, at 58, Alex is proud to be fitter than many people his age. 'If someone said, "Let's go for a 20km walk", I could put on my shoes and go, and I would suffer no ill effects.' ➤

50s

70s

Carole Carson

AGE 73

STARTED EXERCISING
13 YEARS AGO

Carole Carson was in a funk in the lead-up to her 60th birthday. Her niece had recently lost 40 kilos while juggling a family and a career, but Carole was overweight and unhappy. 'I remember thinking, "She has a new baby, a four-year-old child, a husband, a job, and she can do it. Why can't I?"' Carole says.

So Carole hatched a plan: start exercising and write about it. She had always wanted a career in writing, so she contacted the local newspaper and pitched a story about getting fit for the first time in her life. The editor said yes, and the article kicked off a weekly column that updated readers on her progress. Four months later, Carole had lost 18 kilos and shaved several inches off her body.

'When I started my makeover, I was in the 90th percentile for heart disease, stroke, cancer and diabetes risk – the four really serious conditions,' Carole says. 'Four months later, I was down in the 50th percentile range.'

The secret to her success, Carole says, is in the acronym FIT: Fun, Individualised and Together. She found friends to work out with, activities she enjoys and exercises that suit her body. She tried almost everything – jogging, weight training, yoga, Zumba dance classes, judo, kickboxing – always sticking to a commitment of one to two hours of activity every day.

'You have to be willing to try new things and look silly because you can't do them,' Carole says. 'In Zumba, everybody was going right and I was going left!'

Some exercises, including Zumba, didn't work for Carole, but she kept searching for nearly three months until she found what did the trick: a routine combining Pilates, weight training and stretches, and a meal plan focused on moderation and substituting less healthy ingredients for more nutritious alternatives.

Today, Carole enjoys gardening, walking in a swimming pool with friends and playing tennis. She takes fewer medications, follows a healthier diet and has an overall happier disposition. And it all stems from the self-confidence boost of loving her new body.

WORDS ERIN MCHENRY; HEATHER WISEMAN
PHOTOGRAPHY SARA SANGER; ERIN REXROTH; RACHEL VALLEY

Randy Weadon

AGE 88

STARTED EXERCISING 10 YEARS AGO

Never too fond of exercise, Randy Weadon had spent much of his life far from fit. He had type 2 diabetes and by the time he moved into a senior living community in his 70s, he was on insulin. At that stage, Randy's only physical activity was walking down to the dinner hall.

'All of a sudden I didn't have anything to do – everything was taken care of for me,' Randy says. The lack of activity took its toll on his health. He gained more weight and his insulin dosages increased.

One evening he dozed off for a few hours in his armchair and woke up disoriented. He made his way to the bathroom and checked his BGLs.

'My blood glucose was extremely low,' Randy says. 'If I hadn't woken up then, I wouldn't have woken up at all.'

It was more than a wake-up call. Randy knew he had to do something if he wanted to keep on living, so the next day he started walking. Working closely with his doctor, he began walking the hallways in his retirement home. Gradually, he extended his walks to more than 9km a day – some in the afternoon and the rest in the evening.

'I walked off 22 kilos in a year. It got to the point that I was walking off nearly half a kilo a week,' he says.

The exercise had a major impact on his diabetes. With each kilo lost, Randy started noticing his body needed less insulin.

'I haven't had any insulin in years now,' Randy says. 'I control my diabetes with walking and oral medications.'

Randy has walked almost 40,000km – the distance around the world at the equator – and has no plans to stop anytime soon. ■

THE NEXT STEP

MOVING ON TO MEDS

While making the switch to managing your type 2 with medication may seem scary, it could be the ***healthiest step*** you'll ever take!

'Although there was a strong hereditary component to my type 2, I still felt surprised when I was diagnosed as I'd always lived a healthy, active lifestyle and wasn't overweight,' says librarian Pam Prior, 58. 'Then I felt upset when I was put on medication. I went into denial, and for the first six months, I resisted taking my medication.'

Sound familiar? It can feel like a slap in the face when a healthy lifestyle is no longer enough to manage your blood glucose levels (BGLs). Stop, relax and breathe – this is simply a different stage of your diabetes management.

DL endocrinologist Dr Sultan Linjawi says, 'Type 2 diabetes is progressive. By the time it is diagnosed, 50 per cent of the beta cells are already failing, so half of the pancreas's maximum production of insulin has already ceased. It's inevitable that over time, medication will usually need to be added to diet and exercise, to handle this progression.'

And there is a big upside to taking diabetes meds. 'People with type 2 often get a new lease on life and feel much healthier with medication,' says diabetes nurse Giuliana Murfet.

So if you're new to using meds, or are experiencing symptoms (including weight gain, fatigue or high BGLs) that might indicate that you would benefit from taking them, here's everything you need to know about the eight most common pills and injectables on the market.

HOW TO SAVE MONEY
Some medications may be subsidised by the PBS or available in generic versions. Speak to your care team about which ones will work for you.

Prescription for…

Metformin

Metformin is the most common pill prescribed for people with type 2. 'It is effective in people who are carrying too much weight and producing more insulin but still have insulin resistance,' explains Murfet.

Metformin's main action is to make your cells more sensitive to insulin, lowering insulin resistance. It also reduces the amount of glucose the liver releases into the bloodstream.

'It can help reduce appetite, encourage weight loss and protect the pancreas,' says Dr Linjawi. 'Studies suggest it helps reduce cancer risk by lowering inflammation, too.'

When do I take it? With or after a meal.

What are the side effects? Nausea or diarrhoea. 'These can be reduced by slightly lowering the dose,' says Murfet.

Prescription for…

Sulfonylureas

Sulfonylureas boost the pancreas's insulin production. 'These drugs work well in people who are leaner and they may be added to metformin when it is losing effectiveness,' says Murfet.

When do I take them? Just before a meal.

What are the side effects? According to NPS MedicineWise, hypoglycaemia (low BGLs) is up to five times more likely with these drugs than any other oral diabetes medication, so some healthcare providers are reluctant to recommend them.

'My personal view, and that of some other specialists, is that they overwork the pancreas, speeding up the progression of diabetes, so it takes less time before insulin is needed,' says Dr Linjawi. 'For this reason, I don't prescribe them.'

Prescription for…

Glitazones

You may be prescribed these oral meds if you experience side effects from more commonly dispensed drugs such as metformin. They work by reducing insulin resistance in the body's tissues.

Research suggests glitazones can also help lower blood pressure and increase your levels of 'good' HDL cholesterol. They are a relatively new group of medicines and, while they have been tested in clinical trials, all the benefits are not yet known.

When do I take them? Before each meal.

What are the side effects? Weight gain and fluid retention, particularly in the legs and feet. They may also increase the risk of brittle bones in post-menopausal women. In rare cases, glitazones can contribute to congestive heart failure.

Prescription for…

GLP-1 agonists

These injectables mimic a hormone called GLP-1 (glucagon-like peptide 1), which we all produce after eating.

'This hormone lowers BGLs by amplifying the production of insulin in response to food, reducing the amount of glucose sent out from the liver and slowing stomach emptying, reducing appetite,' explains Dr Linjawi.

'From all the studies so far, GLP-1 drugs appear to be among the most powerful. They lower BGLs with the added benefit of weight loss,' says Dr Linjawi.

Evidence suggests they may also help lower cholesterol and blood pressure.

When do I take them? Once or twice a day.

What are the side effects? In about 10 per cent of people they cause nausea, which nearly always settles after a few weeks. ➤

Prescription for...

DPP-4 inhibitors

These drugs inhibit an enzyme called DPP-4, which breaks down the naturally occurring hormone GLP-1. This results in a small rise in the level of GLP-1, but nothing like having it as an injection. As a result they are not as powerful as GLP-1 agonists at reducing glucose levels.

When do I take them? Once or twice a day, sometimes prescribed in combination with metformin.

What are the side effects? Generally they are well tolerated. Potential side effects include heartburn, swelling of hands and feet, rashes and flu-like symptoms. Hypos may increase when they are used with sulfonylureas or insulin. Inflammation of the pancreas may also occur.

Prescription for...

SGLT2 inhibitors

These oral drugs may be taken alone or combined with other meds and are becoming more widely prescribed. They prevent the kidneys from reabsorbing glucose into the blood – instead, the excess glucose is excreted through urine.

When do I take them? Once a day.

What are the side effects? The most common side effects are dehydration, chronic thrush and urinary tract infections. 'This occurs because the drug stops the reabsorption of glucose, and then the kidneys may have excess glucose, which may feed fungal infections,' Murfet says. 'They are not for people with kidney disease.'

Prescription for...

Alpha-glucosidase inhibitors

These oral meds help people whose BGLs are highest after eating certain carbohydrates, and work by slowing down the digestion and absorption of these carbs.

When do I take them? They can be swallowed before a meal or chewed with the first bite.

What are the side effects? Some people experience flatulence, stomach distension and/or diarrhoea.

TOP TIP

New to using insulin and unsure about which delivery system is right for you? Check out some of the options at bd.com

Prescription for...

Insulin

Delivered via syringes, pens or pumps, insulin therapy replaces the insulin your pancreas no longer produces. Once considered the last line of defence for people with type 2, insulin may now be used as an earlier intervention, thanks to its ability to drastically reduce BGLs, improve insulin resistance and boost energy levels.

'Patients often get upset about going on insulin, but I remind them it is a naturally occurring hormone,' says Dr Linjawi. 'Just as someone with a thyroid condition needs thyroid hormones, a person with diabetes may need insulin supplementation.'

When do I take it? As one injection of longer-acting insulin at night or twice-daily injections that combine slow- and fast-acting insulin.

What are the side effects? Weight gain and hypos. 'If gaining weight is a concern, it is important you don't just increase the insulin dose as more weight gain will make it harder to get your BGLs in the target range,' Murfet says.

Dr Linjawi adds, 'Make sure you get good advice about weight control when starting insulin.' ■

PAM'S STORY

Pam Prior reveals what helped her come to terms with being put on medication for her type 2

'After resisting medication at first, my light bulb moment came when a blood test revealed that my BGLs were slightly high,' recalls Pam. 'I realised then that diet and exercise weren't going to be enough to help manage my diabetes, so I decided to try the tablets.

'I experienced nausea on Diabex (metformin) at first, so my doctor adjusted the dosage. Now, instead of taking two tablets, I take one extended-release tablet in the evening and I no longer experience nausea. I don't dwell on my diabetes and continue to lead an active, healthy lifestyle, with lots of regular exercise.'

WORDS STEPHANIE OSFIELD PHOTOGRAPHY GETTY IMAGES

Choose comfort

Discover new BD Ultra-Fine™ 4mm Pen Needles and find out just how comfortable and easy self-injecting your diabetes medication can be

People who self-inject their diabetes medication know the importance of a high-quality needle for comfort and ease of use. There are many people who have had diabetes for a long time who are using the 'longer needles' (8mm or 12mm). These needles increase the risk of injecting your medication into a muscle, making your medication work too quickly and potentially causing low blood sugar[1,2]. Most healthcare professionals recommend 4mm, 5mm or sometimes 6mm needles for injectable diabetes medication[3].

Respected needle manufacturer BD has developed a new short pen needle which improves the flow rate of injectable diabetes medication, making it easier and faster for people with diabetes to inject their medication[4]*.

The new BD Ultra-Fine™ 4mm Pen Needles with EasyFlow™ Technology glide into the skin, minimising the pain of self-injecting and ensuring accurate delivery of medication into the fat layer just below the skin more than 99.5 per cent of the time, at all injection sites[5]. The patented flatter, thinner needle tip is clinically proven to make injections more comfortable and is suitable for most people with diabetes, including those who are overweight or those with limited hand strength[4-8]#.

BD pen needles are compatible with all brands of insulin pens†

NDSS PRODUCT CODE: 101

INJECTION TECHNIQUE CHECK-UP		ANSWERS AND ADVICE	
1. What size needle do you use?	4mm – 6mm	✓	Recommended by healthcare professionals[3].
	8mm – 12mm	→	
2. Where do you inject your insulin?	Abdomen	✓	Enables optimal rotation of injection sites.
	Arms	→	Your abdomen is a better choice – consider changing.
	Buttocks	→	
	Legs	→	
3. Do you move your injection site broadly around your abdomen?	Yes	✓	This will help prevent lumps and bumps forming[9].
	No	→	You are at risk of lumps and bumps forming in these areas, which could impact how your medication works[9].
4. Do you inject your insulin going from side to side of the belly button only?	No	✓	
	Yes	→	Move your injection site around more – across the whole of your abdomen, under the breasts, above and below the belly button and right out to the sides[3,10].
5. Do you use each needle only once?	Yes	✓	Recommended by healthcare professionals[3].
	No	→	Use a new needle every time you inject to avoid unnecessary complications. Blunt needles can cause pain[11,12].
6. Do you throw your used needle straight into a special sharps container?	Yes	✓	This helps prevent needlestick injuries to others.
	No	→	Purchase a sharps container from your pharmacy or Diabetes Australia.

Always consult your doctor or healthcare professional regarding treatment of your diabetes.

1. Vaag A, Damgaard K, Lauritzen M, et al. Diabetes Care. 1990;13(1):74-6. 2. Frid A, Ostman J, Linde B. Diabetes Care. 1990;13(5):473-7. 3. Australian Diabetes Educators Assoc. Clinical Guiding Principles for Subcutaneous Injection Technique. October 2015. 4. Aronson R, Gibney, Oza K. et al. Clin Ther. 2013; 35:923–933. 5. Gibney M, Arce C, Byron K, Hirsch L. Curr Med Res Opin. 2010; 26(6): 1519-1530 6. Hirsch L, Gibney M, Berube J, Manocchio J. J Diabetes Sci Technol. 2012; 6(2): 328-335. 7. Lo Presti D, Ingegnosi C, Strauss K. Pediatr Diabetes. 2012; 13(7): 525-533. 8. Bergenstal R, *et al.Mayo Clin Proc*. March 2015; 90(3):329-338. 9. Blanco M, Hernandez M, Strauss K, Amaya M et al. Diabetes Metab. 2013; 39(5): 445-53. 10. Young RJ, Hannan JW, Frier BM, et al. Diabetes Care. 1984;7:479-80. 11. Frid A, Hirsch L, Gaspar R, *et al. Diabetes Metab*. 2010; 36: S3-S18. 12. Misnikova I, Dreval A, Gubkina V, Rusanova E. Journal of Diabetology. 2011;1(1). *Compared to standard BD thin wall needles. # Compared to BD 3-bevel pen needles. †BD pen needles are compatible with all brands of insulin pens at January 2016.

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Visit diabetesaustralia.com.au for more details

TYPE 2

‘I stressed MY WAY TO diabetes’

A busy life working around the clock meant that single mum ***Lucy Tumanow-West, 53,*** never had time to stop and worry about her health – until she was diagnosed with type 2

What did life look like before type 2?

Looking back, I had probably been dodging my diagnosis for a decade. I wasn’t swallowing litres of soft drink and eating takeaway food every night – in fact, it was quite the opposite. I made a point of cooking healthy meals every day, the fridge was full of first-class proteins and lovely fresh fruit and veg, and my daughter, Olivia, had one of the healthiest lunch boxes in town.

It was the busyness of my life that eventually did me in. I actually think I stressed my way to diabetes.

What kind of stresses did you have?

There was no beginning or end to my days – my life was a continuous blur of rushing and deadlines and snatched hours of sleep, and fistfuls of food here and there. A typical day would see me up at 4am, turning on my computer and doing two or more hours of freelance writing work before starting my ‘regular’ day as a journalist.

It was just me and Olivia for the first nine years of her life, so at 6am I would shower and get dressed and organised, then from 7am to 9am, it was getting Olivia up and dressed and fed, making her lunch, running out the door to daycare/preschool/school, and then to work.

Always rushing, I would throw myself into my work when I arrived and often not have lunch until 2pm, if at all. By late afternoon I would be absolutely famished and grab whatever was available – which was often a sugary ‘health’ bar. Then the rush was on to get back to Olivia. As I made dinner, I’d be so hungry, I would eat handfuls of cheese and biscuits.

After dinner was bath time and quality time with Olivia, who wasn’t fond of going to bed, and would quite often string her day out until 10pm. And then, if I hadn’t fallen asleep on her bed trying to convince her that going to sleep was a good idea, I’d start working again, until I fell into bed or onto the sofa at midnight or 1am, always setting my alarm for one, two, three or four hours later, to finish the work I needed to do.

I was chronically exhausted and eating high-carb comfort food throughout the nights and afternoons in an effort to stay awake. My body clock was

WORDS LUCY TUMANOW-WEST **PHOTOGRAPHY** NATALIE BOOG

MOVING FORWARD
'I feel excited that I've set the wheels in motion for ongoing change,' says Lucy, with daughter Olivia (below).

completely out of whack, I had no time for enough sleep, or any exercise or leisure, and I was running on adrenaline, cups of tea and a very erratic food supply.

In a day I would go from prolonged starvation to binge eating and desperate carb loading. I often felt shaky and dizzy and out of control.

Considering your background as a nurse, did your diagnosis come as a surprise?

The news shouldn't have come as that much of a surprise. I had been a nurse and then worked in medical publishing during my 20s, before writing for healthy eating publications in my 30s and 40s. I knew about diabetes – I'd even written for a diabetes website. But as I sat listening to my GP explaining my routine blood test results, the news hit me like a kick in the guts.

'Your blood sugar levels are now officially in the adult-onset diabetes range.'

'What?'

'We'll need to do the oral glucose tolerance test, to find out if you need to start medication. In the meantime, here's a referral to a diabetes educator.'

I remember nodding and smiling politely, as if I were being told the directions to the train station. And then, walking tall and blinking back tears, I left the doctor's room, strode through the waiting room and out to the car, not stopping for anything – not even paying the bill. In the car I just sat, shaking. And then I phoned a friend and started to blubber. It was like a decade of remorse came gushing out.

'I would go from prolonged STARVATION to binge eating and desperate carb loading'

How about now? Have you come to terms with diabetes?

I'll be completely honest and say my life with type 2 hasn't been easy so far. I've enviously read stories of formerly inactive people going out and running marathons and reversing their diagnosis. However, old habits die hard, family and friends and life constantly throw curve balls, and a girl has to make a living!

So I've had to think outside the box that is my home office where I often do all-nighters to meet deadlines. After realising that the deadlines and utility bills don't go away, I reinvented myself and now work several hours a day assisting the frail, aged and disabled in my community. This gets me off my bum and out of the house, with lots of moving on the job (something that's important for my diabetes) and puts money in the bank without me having to stay up all night.

I've felt a real shift and I feel excited that I've set the wheels in motion for ongoing change. Although there will be no marathons on the horizon for me, my message is that you have to make changes in a way that will work for you. ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au, or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

Chris and Bella on the track

TYPE 1

'WE WANT TO TURN type 1 INTO type none!'

Aussie family Chris, Raechell and Bella Foote are braving ***rain, mountains and hypos*** in rural New Zealand to raise funds for type 1 research

'My daughter Bella was diagnosed with diabetes when she was eight years old,' says Chris Foote, 46. 'She had such severe diabetic ketoacidosis (a potentially life-threatening condition that occurs when ketones, a product of fat breakdown, build up in the blood) that doctors said she was within half an hour of passing away. They had to give her injections to reduce swelling in her brain. She had a pump within 24 hours of diagnosis.'

With no family history of type 1, Bella, now 13, her mum Raechell, now 43, and Chris underwent a crash course in all things diabetes. Five years later, the family has a better handle on type 1 and has come to accept that diabetes will always be a part of their lives. More importantly, though, they have discovered that diabetes doesn't define them and won't stop them from reaching their goals.

That's why, in late 2015, the trio decided to take six months out of their lives to hike Te Araroa – a 3000km trail running the length of New Zealand's North and South Islands – to raise funds for the Juvenile Diabetes Research Foundation (JDRF).

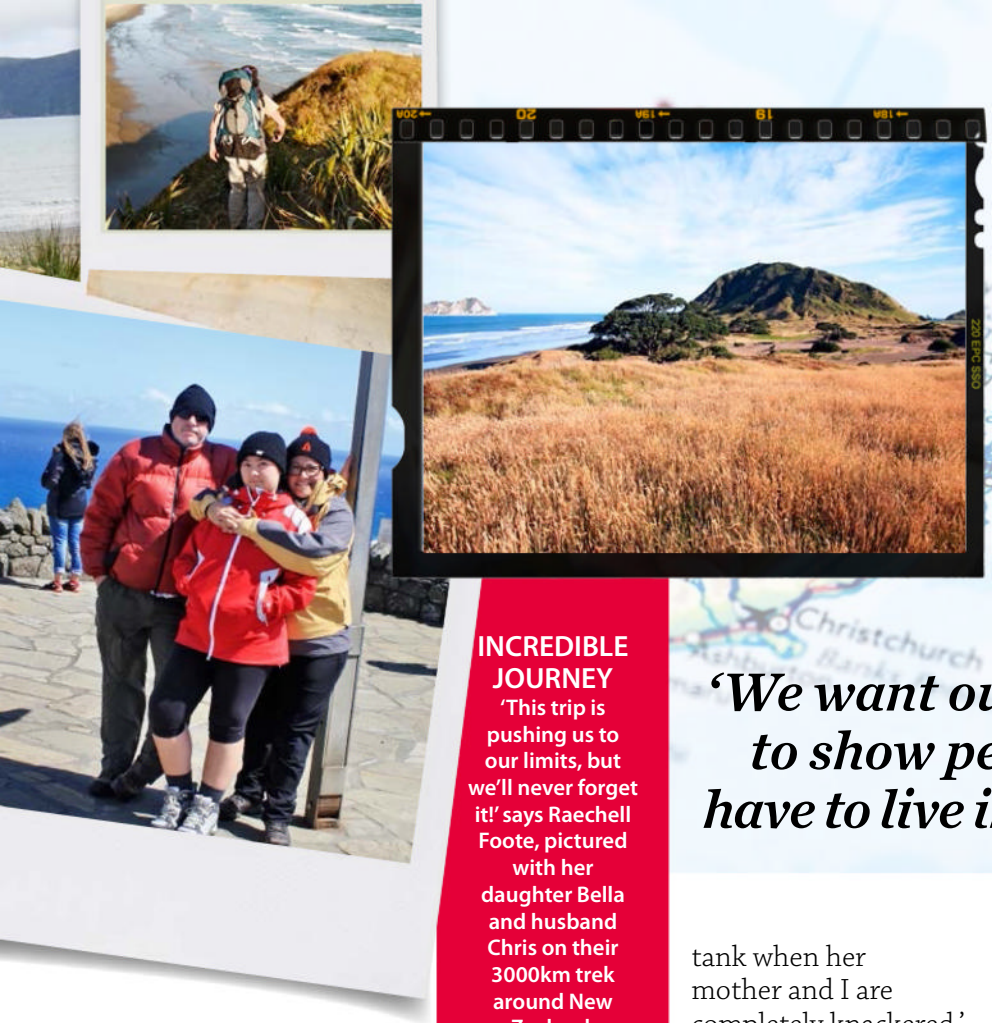
'There are a lot of families living in fear of diabetes,' says Chris. 'So in addition to getting fit and spending time together as a family, we want our adventure to show people that they don't have to live in fear of diabetes.'

Now five months into their six-month journey, the Footes share their triumphs and trials as they trek towards a brighter future for people living with diabetes.

CHRIS'S STORY

'The trek is more savage than I would have thought'

'Raechell and I were very nervous when we started out because a lot of the area is really remote. One of our biggest fears on the trip has not been a diabetes emergency, but running out of food for Bella. So far the longest time we've had



INCREDIBLE JOURNEY
'This trip is pushing us to our limits, but we'll never forget it!' says Raechell Foote, pictured with her daughter Bella and husband Chris on their 3000km trek around New Zealand.

'We want our ADVENTURE to show people they don't have to live in fear of diabetes'

to carry supplies has been about five days, but we've got a 10-day stint coming up.

'At home, Bella was on quite a big insulin dose, but when we started walking every day she needed a lot less. When we hit the mountains she needed less again. After a 110km ride on mountain bikes her demand dropped even further. We found we didn't have to give an extra bolus dose of insulin to cover any carbohydrates she ate – she ended up on a basal lower than when she was first diagnosed.

'We thought the North Island would be a doddle but it is absolutely savage. It is not as mountainous as the South Island but there are more ups and downs. Bella is only 13 and not very sporty, but she has hardly ever complained. She just gets on with it. At the end of the day, she still has something left in the tank when her mother and I are completely knackered.'

BELLA'S STORY

'I've had a few ups and downs with my BGLs but I am loving it!'

'There have been moments on this trip when I've wanted to go home really badly. I miss my friends and I can't stay in contact with them all the time. If I had a choice, I'd like to bring them here with me.

'But it is good being off school and travelling New Zealand. My parents are both from here originally, but I don't get to come here very often.

'The worst thing about the trip has been the rain. I don't like being wet. We walked up this steep mountain with a forest and it was even steeper going down and there was mud everywhere.

'I think the best thing is seeing horses, because I love horses and I've been able to pat them. And the funniest thing was watching my dad going off after these turkeys, trying to catch one. He won't like me telling this story, but he fell over and I couldn't stop laughing! It has been really good so far, but I will be sick of my parents after being with them for six months.

'I haven't had much trouble with my diabetes. When we first started, my blood glucose levels (BGLs) did go low a lot more and I was eating more lollies to try to stabilise. When I am high, I feel so tired I don't want to do any exercise at all. But that's not really happening much anymore.

'The other day my BGLs were low and I got all giggly and felt really shaky. We rode 45km on bikes and I stayed low for a long time. That didn't happen when I was walking, but on the bike I'm using different muscles.

'Now I'm getting fitter and every day is easier. I've never liked team sports and have always done things that aren't that physical, like archery, but now I want to start doing more sports and hobbies when I get ➤

home. Just knowing that I can makes me happy.

'Having a pump makes this walk so much easier for me. My new pump is waterproof. That has been good, because we had to walk through a river one time and I didn't have to worry about it or take it off. I carry the pump in a belt thing called a spider, which has a little pocket that makes it easy to carry.

'I think hearing about our walk might make people with diabetes more aware of the things they can do and less scared. Diabetes shouldn't stop them from doing anything.'

RAECHELL'S STORY

'Bella has been my inspiration'

'We understand this is pushing Bella to her limit, particularly given her age, so we are trying to make this trip as comfortable as we possibly can. She is our prized possession and she has been an absolute trooper. I'm absolutely amazed at how she pushes through.

'There were things I had to have in place to make sure I was comfortable bringing her on this trip. We have an emergency beacon and, if we activate it, anyone responding can access her full medical history. We are carrying a back-up pump and two blood glucose meters, just for peace of mind. We are not leaving anything to chance.

'Even though we are remote by New Zealand standards, the distances are nothing like they are in remote Australia, and I'm told search and rescue is quite good here.

'We were on the telly in New Zealand a while ago. We were interviewed getting off the plane from Australia and then the crew filmed us on the track a few weeks later. When people along the track recognise us and say hello it puts a beautiful smile on Bella's face and gives her a lot of confidence. We are threatening to show the footage at her 21st birthday!

'The TV show mentioned that we are hoping to raise $6000 for juvenile diabetes research, and Bella and I have been wearing T-shirts that say "Turn type 1 into type none".

'It has been nice for Bella to talk to people we come across about her diabetes, but it has also opened her eyes to the misconceptions. She has heard people tell me I had too much sugar when I was pregnant! We have a giggle about the ignorance, but it is good to be out there telling people it is an autoimmune condition.

'Today we did such a heavy climb we are all sore. Bella has been showing me her new blisters. It's mental endurance as well as physical and I'm missing my creature comforts.

'We could just stop, and Bella has said, "Why don't we just go to a tropical island?" But seriously, this is good! We'll never forget it.'

To support the Foote family's fundraising efforts visit somethingsafoote.com ■

Have diabetes and want to share your story? Email diabeticliving@pacificmags.com.au, or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

WORDS HEATHER WISEMAN **PHOTOGRAPHY** GETTY IMAGES (MAPS AND SCENIC SHOTS)

Let's talk about better testing

Does washing your hands really affect your blood glucose level readings? And just how important is it to use a sharp lancet? *DL* diabetes educator ***Dr Kate Marsh*** answers all your tricky questions

Regularly monitoring your BGLs is an important part of managing your diabetes, and is essential if you have type 1, gestational or type 2 diabetes treated with insulin or sulfonylureas (the only oral diabetes medication that can cause hypos).

In the short term, checking your BGLs will reveal when your levels are too high or too low. In the long term, consistent monitoring can show you how factors such as food, exercise, stress and sleep affect your BGLs, which can assist you in achieving more stable numbers.

To help you get more out of your meter, diabetes educator Dr Kate Marsh debunks some monitoring myths and shares her tried-and-tested tips for better accuracy. ➤

Q Replacing lancets is expensive! Will reusing the same one affect my readings?

While it shouldn't affect your readings, your lancet will become blunt with reuse. Testing will be more painful and, over time, will damage your fingertips. If cost is an issue, speak to your GP or diabetes educator about alternatives. Lancet prices vary between devices.

Q: I sometimes use strips that I've scrounged out of the bottom of my bag or from my glove box. Will this affect my readings?

Yes! To ensure that you get the most accurate results, keep your strips in an airtight container, store them in a cool, dry place and make sure they are in date before using them.

Q: How important is it to wash my hands before I test?

Very! Anything on your fingers can affect your readings and give a false high. Clean hands with water, or hand wipes or sanitiser if you're out. Don't have any available? Wipe off the first drop of blood and test with the second one for a more accurate reading.

Q I have heard that some non-diabetes medications can affect my BGLs. Is that true?

Yes. Medications such as corticosteroids and some antipsychotic and antidepressant drugs may increase BGLs, while others such as aspirin may lower them. If you've recently been diagnosed with diabetes or are starting a new medication, speak with your care team about whether the new meds could affect your BGLs.

Q: I'd love to give my fingers a break from testing! Will my numbers be as accurate if I move my sites?

While most meters allow for alternate site testing, it's less accurate than using your fingertips – particularly during periods of rapid changes in your BGLs such as after meals or exercise. So stick to your fingertips, but alternate between them to spare yourself pain.

PHOTOGRAPHY GETTY IMAGES

Q Help – I can't get my fingers to bleed! What can I do?

Try not to squeeze too much to get a drop of blood as this can dilute your sample and give a false result. Wash your hands with warm water (particularly on cold mornings), change your lancet regularly and try a higher depth setting, as most are adjustable. If you still have trouble, try a different lancet device or a meter that needs less blood.

Q: Will using the same meter for years have an impact on its performance?

Although extreme temperatures and humidity can affect your meter's performance, the machine itself can last for years, so there's no reason to replace it if it's still working well. While most meters have inbuilt safety features that will give you an error message if there's a problem, it's also a good idea to regularly do a control check on your meter. This means doing a test with a control solution (which you can buy from your pharmacy) and checking the reading is in the correct range. If something does go wrong, ring the meter company helpline as many will replace it for free – particularly if it's still under warranty.

Tech talk

In the market for a new meter? Dr Kate Marsh shares some of her picks

FITS IN YOUR POCKET
● **Nipro TRUEresult Twist**
Easy to use and one of the smallest meters on the market.

TALKS TO YOUR iPHONE
● **iBGStar**
This meter connects to your iPhone or iPod Touch. It then transfers readings to the iBGStar diabetes manager app, where you can add further information such as meal markers, insulin doses given, the amount of carbs eaten and other factors such as exercise and illness.

IDENTIFIES BGL PATTERNS
● **OneTouch Verio IQ**
The Verio IQ alerts you to patterns of high or low BGLs occurring repeatedly at particular times of the day, making it useful for insulin users.

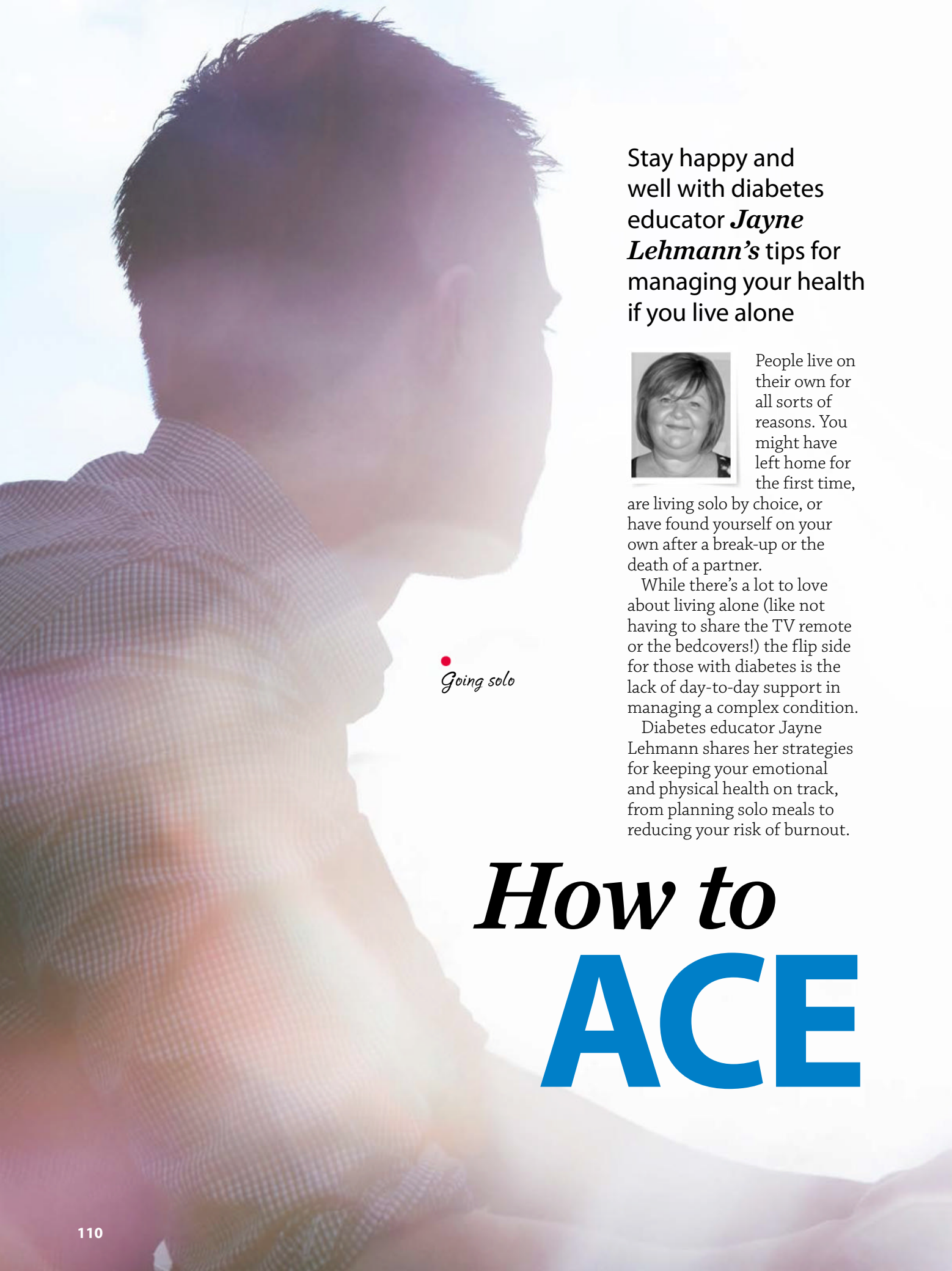
ASSISTS WITH INSULIN ADJUSTMENT
● **Accu-Chek Aviva Connect**
Bluetooth technology enables you to automatically transfer your BGL numbers to the Accu-Chek diabetes management app on a compatible mobile device. It also has a bolus calculator function for adjusting insulin doses to food intake. It is only available through a diabetes health professional.

CHECKS FOR KETONES
● **FreeStyle Optium Neo**
The only meter that tests for the presence of blood ketones (a product of fat breakdown) as well as BGLs, which is important for those with type 1 – particularly pump users.

Need more help?

A credentialled diabetes educator (CDE) such as DL's award-winning Dr Kate Marsh can improve your self-management and provide expert advice to help you stay well every day. To find a CDE near you, visit the Australian Diabetes Educators Association (ADEA) at adea.com.au

Already have a CDE who has changed your life for the better? Nominate them for the 2016 CDE of the Year awards at the ADEA website. ■



Going solo

How to ACE

Stay happy and well with diabetes educator ***Jayne Lehmann's*** tips for managing your health if you live alone

People live on their own for all sorts of reasons. You might have left home for the first time, are living solo by choice, or have found yourself on your own after a break-up or the death of a partner.

While there's a lot to love about living alone (like not having to share the TV remote or the bedcovers!) the flip side for those with diabetes is the lack of day-to-day support in managing a complex condition.

Diabetes educator Jayne Lehmann shares her strategies for keeping your emotional and physical health on track, from planning solo meals to reducing your risk of burnout.

DIABETES *on your own*

STEP 1

GET ORGANISED WITH APPOINTMENTS

You may be living alone, but you are not alone when it comes to managing your diabetes. Your care team is there to help, so get the most from their expertise and stay on top of your health by checking in with them regularly.

At the beginning of each year, write a care list that includes regular appointments with your GP, endocrinologist, diabetes educator, podiatrist and dietitian. Also slot in eye checks every year or two, an annual flu injection and blood tests every three to six months. Remember that you can claim five referrals through your GP Management Plan.

Make as many appointments as you can ahead of time – try to arrange several on the same day. Write your appointments in your diary straight away and add a reminder to your phone, too.

STEP 2

FIND HEALTHY MEAL SHORTCUTS

When you're living alone, it can be difficult to feel motivated to cook for yourself. If you're used to cooking for more than one, it may also be a challenge to scale back meal quantities, or, if you're new to cooking, to figure out carb serving sizes and balanced menus. Never fear! These simple tips will help you feel satisfied, keep your blood glucose levels (BGLs) on track and leave your wallet in better shape, too.

- **PLAN** a week's worth of meals in advance and shop to a list to avoid reaching for the takeaway menu too frequently – our Menu Planner on page 84 can help. Remember not to hit the shops when you're hungry, as you're more likely to be tempted by high-fat, sugary foods when your tummy is growling.
- **MAKE** extra when you're cooking freezable meals such as casseroles, tomato-based pasta sauces and soups. A healthy frozen meal is a good standby when you're too tired to cook.
- **BUY** frozen vegetables – they have the same nutritional value as fresh vegies, but are cheaper, can be stored for longer and are easy to portion into smaller serves. Canned legumes such as chickpeas are also a filling and wallet-friendly way of bulking up meals.
- **ENROL** in a cooking class at your local community centre or TAFE if you're just starting to cook for yourself or you're keen to brush up on your skills. ➤

Readers share...

Pam Salt, 75, from Mitchell Park in South Australia, found her type 2 harder to manage after her husband, Tom, passed away. 'Tom would remind me to have my tablets and eat on time, and to test my blood if I was moody or tired,' says Pam.

Grocery shopping has also become more difficult as Tom was the driver.

TRY THIS 'When it comes to eating and testing, it's important to establish a routine,' says Lehmann. 'Try coinciding eating your meals and taking your medicines with a favourite TV show, or set an alarm or reminder on your phone.'

Online grocery shopping is good for people with limited mobility or who don't have a car as the groceries are delivered to your door.

Don't have access to the internet? Some councils offer free bus services for seniors or those with mobility issues. Ask your GP or diabetes educator if there is one in your area.

STEP 3

BEAT BURNOUT

The daily tracking of food and BGLs, as well as the constant pressure to fit in exercise, manage stress and stay on top of medical appointments can all lead to periods of diabetes burnout. This is especially true when you live on your own, as everything relies on you and it is easy to become overwhelmed.

When you are feeling overburdened, don't stay quiet about it – talk to someone you know and trust, such as your diabetes educator. They understand the pressures of diabetes management and will be able to arm you with helpful coping skills. You could also consider joining a support group, either online or at your local community centre or hospital.

- **SPEAK** to your GP about a referral to a psychologist if you need a little extra one-on-one support. You should be able to claim some of it through Medicare.

STEP 4

KEEP TRACK OF YOUR HEALTH

Regular monitoring of your BGLs is especially important when you live alone, as experiencing hypoglycaemia (low BGLs) while you're on your own can be dangerous. Make BGL checks part of your routine – try checking before and two hours after each meal. That way, you'll be able to see if you're at risk of lows or highs, and get back on track faster. For testing tips, see page 107.

If you're new to living alone, speak with your care team about your target levels – they may need to be set a little higher to give you a bit more wiggle room.

- **MONITOR** your BGLs more frequently when you're feeling unwell and don't hesitate to bring in a locum doctor if you think you're in need of a house call.

It's also important to stay on top of other health checks. In addition to monitoring your moles and performing self breast checks, make sure you keep a close eye on your feet, too.

At least half of all people with type 1 and type 2 diabetes will develop diabetic neuropathy or nerve damage. It can lead to a loss of sensation in your feet and increases your likelihood of developing infections, which may then take a long time to heal. Examine your feet daily for signs of damage – see page 115 for a handy foot-care guide. ■

Readers share...

'My biggest concern when I first lived alone was the risk of serious overnight hypos and not having anyone around to help me,' says Melbourne-based finance worker Izzy Cullingford, 30, who has type 1.

To help ease her fears, Izzy always checks her levels before bed and keeps supplies within easy reach for those hypos that still sneak through.

'I also gave a close friend a spare house key so they can get in if I call them.'

KEEP IN MIND **'Parents of younger people with type 1 diabetes tend to worry when their children leave home,' says Lehmann.**

'It is a good idea to keep in touch with your parents regularly, so they know you are okay,' she advises. 'There are so many ways to communicate these days, there's no excuse for not sending a text, email or Facebook message to reassure them all is well.'

PHOTOGRAPHY GETTY IMAGES

CUT OUT AND KEEP

HOW TO **TREAT A HYPO**

Stick this guide on your fridge for your loved ones to follow if you have hypoglycaemia (low BGLs)

- **SYMPTOMS** Confusion, dizziness, hunger, sweating, headaches, moodiness.
- **WHAT TO DO** Give the person six or seven jelly beans, 150-200ml of regular soft drink or orange juice, three teaspoons of honey or three glucose tablets (5g each). If their BGLs don't rise above 4mmol/L in 15 minutes, repeat and check again. Call a doctor or an ambulance if the person can't cooperate, their levels stay low or they are unconscious.

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Marina

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- Refreshes tired legs
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Diabetes Skincare Tips

- Use a natural moisturiser daily
- Prevent dry, itchy skin
- Check your feet regularly
- Don't walk in bare feet
- Don't use physical abrasion

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STEP TO IT

Your guide to HAPPY, HEALTHY **FEET**

Put your best foot forward with easy care tips from *DL* podiatrist ***Danielle Veldhoen***

It's easy to ignore minor problems in your feet – after all, broken toenails, calluses, dry skin and scratches are a part of life. When you're living with type 1 or type 2 diabetes, however, it becomes a little more important to pay attention to your tootsies, as even small issues can become serious if left untreated if you already have nerve damage and/or circulation problems.

Here, podiatrist Danielle Veldhoen, from Sydney's Royal Prince Alfred Hospital, helps you stay on top of your self-care by showing you how to sidestep some of the most common foot problems. ➤

PHOTOGRAPHY GETTY IMAGES

BROUGHT TO YOU BY

NS-8 NATURAL FOOTCARE

Why are my feet and ankles always swollen?

There are many causes of swollen feet and/or ankles. It's important to have your feet examined by a podiatrist or GP, as swelling can be a sign or symptom of an underlying problem.

Swelling that occurs in both feet and legs may be due to poor circulation, heart or kidney disease, or a side effect of certain medications, including diabetes medications, steroids, non-steroidal anti-inflammatories and high blood pressure meds.

Swelling that occurs in one foot and leg may be a sign of other medical problems, such as inflammation from an injury or an infection, or a blood clot. If you're experiencing this kind of swelling, see a doctor or podiatrist promptly.

While treatments vary depending on the cause, most swelling can be helped by elevating your legs and feet, avoiding sitting or standing still for long periods and doing exercise that involves your legs and feet, such as walking or swimming.

What's the best way to treat ingrown toenails without causing further damage?

While it may be tempting to try to cut away the nail yourself, it's best to seek treatment and advice from a podiatrist. That's because infections are common and can be difficult to treat in people with diabetes. In the meantime, avoid wearing shoes that put pressure on or cause pain in your toes.

IS IT NORMAL TO HAVE NUMB TOES, AND IS THERE ANYTHING I CAN DO TO GET MORE SENSATION BACK INTO THEM?

Numb toes or pins and needles are common symptoms of a nerve injury or nerve damage. See your GP or podiatrist for an assessment – they can help determine the cause and appropriate treatment.

Why do cuts on my feet always take a long time to heal?

If you find cuts or abrasions are healing slowly, poor circulation and/or an infection are the likely causes. See your GP to discuss treatment options, but in the interim, make sure you have removed the source of the injury – for example, stop wearing shoes that are rubbing the area. As soon as you notice a problem, clean the area and apply a dressing to prevent further problems.

HELP – I HAVE ATHLETE'S FOOT! WHAT'S THE BEST TREATMENT OPTION?

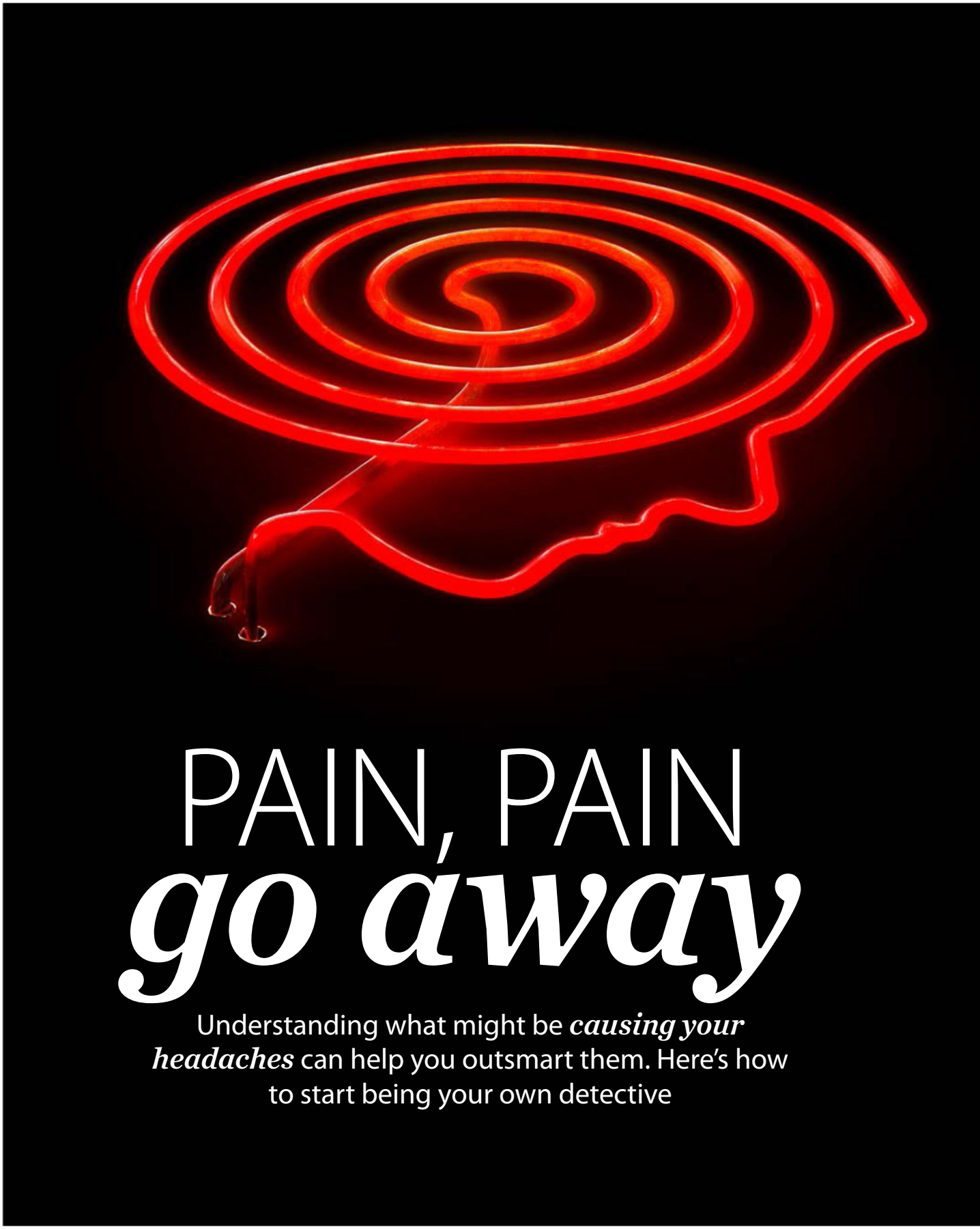
Diabetes increases your susceptibility to all kinds of infections, especially skin-related conditions such as athlete's foot. Over-the-counter products are widely available to treat these infections. They can be applied to your skin, as well as to shoes and socks, to prevent re-infection. In addition, keep your feet clean and dry, change your socks daily and seek further advice if it doesn't improve after 2-4 weeks.

YOUR DAILY *foot-care guide*

Follow these steps to keep your feet on the right path

- **CHECK** both your feet every day for things such as blisters, sores and hard skin.
- **CLEAN** your feet with soap and water.
- **DRY** your feet well, especially between your toes.
- **MOISTURISE** with a product such as Plunkett's NS-8 Leg Care Cream. Avoid applying it between the toes, as excess moisture can lead to fungal infections.
- **KEEP** your toenails at a sensible length.
- **WEAR** clean socks that aren't too tight around your legs, particularly if your ankles are prone to swelling.
- **CHOOSE** well-fitting shoes that are comfortable to wear and protect your feet from cuts and abrasions.
- **SEE** a podiatrist if you need advice or treatment for common foot problems. ■

**These daily foot checks are recommended in addition to any other advice you have been given. You should continue to have a foot assessment performed by a member of your healthcare team at least once a year.*



PAIN, PAIN *go away*

Understanding what might be ***causing your headaches*** can help you outsmart them. Here's how to start being your own detective

We all get the odd headache. In fact, 15 per cent of Australians will have popped a painkiller to treat one by the time you finish reading this story. People living with diabetes, however, are more likely to be hit with headaches than the rest of the population, and having diabetes may even increase your migraine risk.

'Headaches are one of the most common complaints doctors are presented with,' says Dr Tony Bartone, president of the Australian Medical Association (AMA) Victoria. 'That, combined with the fact they can be caused by a variety of things, means it's understandable that some people may not make the link between their diabetes and their headaches.'

Find the link and you are halfway to solving the problem. Here's what to look for...

'Could it be my BGLs?'

A headache can be a symptom of hypo- or hyperglycaemia – when blood glucose levels (BGLs) go too low or too high. Low BGLs trigger the release of hormones that cause vasoconstriction – a narrowing of the blood vessels – which may bring on a headache. High BGLs can cause you to run to the loo more often, which sometimes leads to dehydration and, in turn, a headache.

THE FIX As soon as you feel a headache coming on, test your BGLs. This is especially important if you frequently wake up with a pounding head, which could be a sign of nocturnal hypoglycaemia (going too low overnight) if you take insulin or certain other medications. See your doctor if you suspect this is the cause of your headaches.

If your levels are low, treat them with 15g of fast-acting carbohydrate and monitor your symptoms as your BGLs return to normal. Once they stabilise, the headache may ease.

On the other hand, if your levels are high, exercise may help, but first check your urine for ketones (a product of fat breakdown) if your fasting BGL is above 14mmol/L. If ketones are present, skip the exercise, because that can push your levels even higher, and see your doctor.

These options aside, though, if you suspect there's a link between your BGLs and your headaches, working on a long-term preventive approach, by taking steps to better manage your levels, is smart.

'Headaches caused by fluctuating BGLs can be more common for people newly diagnosed with diabetes, because they're still trying to understand how to keep their blood sugars stable,' says Dr Bartone. 'Talk to your GP or a credentialled diabetes educator.'

'Is it my eyesight?'

Even if you don't think your vision could be responsible for your headaches, it's worth seeing an optometrist if you haven't been scheduling regular appointments (at least once every two years). People with diabetes are more prone to eye problems, including glaucoma, which has no symptoms in the early stages and occurs when the drainage area at the back of the eye becomes blocked. ➤

WHAT WORKS FOR ME

***DL* readers share their tips...**

'I find checking my sugars can help. I often just need water or to eat and I only use Panadol as a last resort'
– Lehan Black

'I take two Panamax and have a cup of coffee!'
– Susanne Slade

'I try to drink more water'
– Erin Bright

'I get headaches when my levels are a bit high and headaches when they're low... I just drink lots of water unless it gets too bad, then I take a Panamax'
– Leonie Scott

'As fluid builds up, intraocular pressure – the fluid pressure inside the eye – increases and, as well as damaging the eye's optic nerve, it can also cause headache,' says Dr Bartone.

THE FIX If you are diagnosed with glaucoma, there are a number of treatments available, ranging from simple eye drops to surgery, all of which reduce the fluid pressure and its side effects, including headaches.

'If you're experiencing frequent, unexplained headaches, you should make an appointment with your optometrist to rule out any diabetes-related eye problems,' says Dr Bartone.

'I *have* been stressed lately…'

Feeling under the pump at work or at home? It's hardly a shock that studies have found a link between stress and headaches.

This is because stress instructs the nervous system to flick the 'fight or flight' switch, leading to shallow breathing, increased blood pressure and muscle tension. On a hormonal level, your body becomes flooded with adrenaline while your levels of relaxation chemicals, such as endorphins, plummet.

Unless stress eases, the body stays on alert and headache can be just one side effect.

THE FIX It's easier said than done, but trying to moderate your stress levels is key to avoiding those stress-related headaches. A range of factors contributes to stress, but living with diabetes can be a cause of stress all on its own. It can be a real vicious circle, with stress then affecting your BGLs.

Day to day, establishing routines, practising relaxation techniques such as meditation, noticing how you talk to yourself and spending time with people you care about all help.

'A number of strategies can be effective, but the first step is often acknowledging the situation and asking for help,' says Dr Bartone. 'If you experience physical symptoms of stress, including frequent headaches, talk to your GP about how to better manage that stress.'

'What about sleep apnoea?'

If you have type 2 and you get unexplained morning headaches, it might be worth asking your GP about sleep apnoea.

'Someone who has sleep apnoea will repeatedly stop breathing or take very shallow breaths throughout their sleep and may snort, choke, gasp or snore loudly whenever normal breathing recommences,' says endocrinologist Dr Sultan Linjawi. 'This stop-start breathing can result in reduced blood-oxygen levels throughout the night. Unsurprisingly, these sleep disruptions can mean that you wake up with a headache.'

THE FIX The first place to start is with an accurate diagnosis. Your doctor may refer you for a sleep study where your breathing, oxygen saturations and sleep quality will be assessed. If the results show you have sleep apnoea, it is likely you will benefit from a CPAP machine.

'CPAP stands for continuous positive airway pressure and, as the name suggests, it supplies a constant stream of air to keep the airways open throughout the night,' says Dr Linjawi.

The machine consists of a nasal or oral/nasal mask connected via tubing to a small machine, similar to a nebuliser, that sits on your bedside table. 'There are several models and most people choose one based on the mask they find most comfortable,' he says.

'Pressure check? Check!'

Most people with high blood pressure, or hypertension, don't have any symptoms, but it can cause a headache if your reading is high enough for long enough.

'If you think of your brain as encased in a box – your skull – it makes sense that an increase in circulatory pressure could cause a headache,' says Dr Bartone.

High blood pressure is common in people with diabetes, so if your blood pressure is normal, have it checked every six months, but if it's elevated, get it tested every three months.

THE FIX There are many ways to treat high blood pressure, so if you have been diagnosed and your doctor has prescribed medication, make sure you take it as directed to help bring down your readings.

Making lifestyle changes can also help moderate blood pressure. Exercising regularly, cutting back on salt, limiting alcohol and quitting smoking will all help lower your levels.

And if you need to trim down, studies have shown that shedding just five to 10 per cent of your body weight is likely to produce an improvement in blood pressure as well as in your overall health. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES, ISTOCK PHOTO

Colgate Total Advanced toothpaste reduces up to 90% of plaque germs that can cause gum disease.[2]

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1) Taylor and Borgnakke, (2008). Oral Diseases, 14: 191-203; Khader, Albashaireh and Hammad, (2008). La Revue de Sante de la Mediterranee orientale, Vol 14, No.3: 654-661; 2) Fine, et al. (2006). Journal of the American Dental Association, 137: 1406-1413; funded by Colgate-Palmolive Co, New York.

ASMI 23622-0514

Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will ***thank you!***

1 Good night, sleep tight

If bad dreams are waking you up at night, it may be time to take action

'If you have diabetes and are having nightmares, it usually means something needs further investigation,' says *DL* GP Dr Gary Deed.

Safeguard your slumber and improve the quality of your sleep by following these four preventative steps.

Watch for hypos

'In those living with type 1 or type 2 diabetes – especially people on insulin or some sulfonylureas – hypoglycaemia (low blood glucose levels) may trigger adrenaline release, which can lead to nightmares,' says Dr Deed. 'Alcohol intake, especially in the evening, can increase the risk of these forms of hypos.'

In addition to having a few alcohol-free nights each week, you can protect yourself from night-time hypos by checking your levels before bedtime and promptly treating lows with 15g of fast-acting carbohydrate.

Tame your nerves

'People with nerve complications (diabetic neuropathy) sometimes get serious night-time pains that can also manifest as nightmares,' says Dr Deed.

Neuropathy is one of the most common side effects of diabetes. It can't yet be cured, but you can halt its progression by going back to basics.

Try to maintain stable BGLs and stick to a healthy diet. It's also a good idea to aim to exercise regularly, watch your blood pressure and consider quitting if you smoke.

If you are still having nightmares, speak to your GP about prescription pain relief.

Treat sleep apnoea

'Nightmares may be associated with sleep apnoea in people who are overweight,' says Dr Deed.

While a healthy lifestyle is a key component of managing sleep apnoea, other treatments include mouth guards, masks and, in extreme cases, surgery. Speak to your doctor about which option is right for you.

Check your heart

'In rare but serious cases, some forms of heart disease can create nightmares,' says Dr Deed.

If you haven't had your heart examined recently, ask your doctor for a full check-up at your next appointment.

Banish nightmares and REST EASY. *If you don't snooze, you lose!*

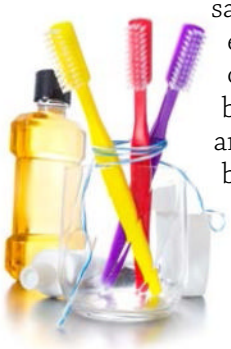
2 Freshen your breath

Q Since being diagnosed with diabetes, I'm embarrassed to find that my breath has started smelling bad. Why is this – and what can I do to improve it?

ANSWER 'Diabetes raises the level of glucose not only in your blood, but also in your saliva, which creates a perfect breeding ground for smelly, sulphur-producing bacteria in your mouth,' says *DL* endocrinologist Dr Sultan Linjawi.

'This can lead to infections such as cavities, gingivitis and gum disease, which affect about a third of all people with diabetes.

'The advice for people with diabetes to avoid bad breath is the same as it is for anyone else – maintain good oral hygiene by brushing twice daily and flossing. Most bad breath comes from having a coated tongue, so a tongue scraper can be very helpful, too.' ➤



3 Stay heart healthy (and have fun!)

Eat, laugh and love your way to a top-notch ticker

1 **MAKE WHOOPEE** US research suggests that having sex at least twice a week helps men cut their risk of having a heart attack by a whopping 45 per cent.

2 **CUDDLE SOMEONE** Got a spare 10 seconds? Hug it out! Giving or receiving cuddles can reduce your blood pressure and stress levels, which in turn will give your heart a health boost.

3 **LAUGH OUT LOUD** Studies suggest that having a laugh can reduce inflammation in your arteries, increase your body's levels of 'good' HDL cholesterol and decrease stress hormones. Even better, the positive effects of laughter can last for up to 24 hours. Gotta love that!

4 **CHOOSE TASTY TREATS** Avocados, dark chocolate and antioxidant-rich extra virgin olive oil, such as Cobram Estate's Australian Extra Virgin Olive Oil, have all been shown to give your heart a healthy boost. Extra virgin olive oil can also help lower your blood glucose levels (BGLs) after eating.

5 **BUDDY UP TO BEETHOVEN** A recent British study found that listening to classical music – specifically, songs with a repeated 10-second rhythm – lowered the participants' blood pressure.

4 Be kind to yourself

Your emotional health is just as important as your physical wellbeing – so show yourself a little TLC

Taking meds. Carb counting. Trying to get enough sleep and exercise. Making sure you eat well. Trying to ward off high and low BGLs – all the while feeling like you're not measuring up. Sound familiar?

'The unending demands of diabetes self-management can make it easy to fall into the trap of negatively judging yourself – both against others with diabetes and your own expectations,' says psychologist Lisa Robins from St Vincent's Hospital in Sydney.

'This can lead to feelings of shame and frustration, which in turn reduces your self-esteem and the motivation to take care of yourself.'

Robins says you should ask yourself, 'What's the best thing I can do for my wellbeing in this moment? Is it to judge, or to offer myself the compassion, kindness and understanding I need to move forward with living with diabetes?'

WORDS REBECCA LAKE **PHOTOGRAPHY** GETTY IMAGES, ISTOCKPHOTO

5 Eat your way to better levels

Reduce your cholesterol and boost your heart health by adding these superstar foods to your meals

OATS AND BARLEY 'Both are rich in beta-glucan, a soluble fibre that can lower cholesterol levels and help with blood glucose control,' says *DL* dietitian Dr Kate Marsh. 'Start your day with oats or natural muesli, and replace rice with barley in risotto and pilafs.'

LEGUMES 'Lentils, chickpeas and dried beans are great sources of soluble fibre, which helps to lower LDL ('bad') cholesterol levels,' says Dr Marsh. 'Studies have shown that those who eat legumes regularly have a lower risk of heart disease, so add them to soups, casseroles and curries or toss some in a salad.'

NUTS 'Eating a handful of nuts per day has been shown to lower cholesterol levels and reduce the risk of dying from heart disease by 20 per cent,' says Dr Marsh. 'The heart-health benefits come from their combination of healthy fats, plant protein, plant sterols, vitamins and minerals, as well as important antioxidants and phytochemicals.'

SOY PROTEINS 'Found in soybeans, tofu and soy milk, these can help reduce cholesterol and prevent it being oxidised and causing damage to your blood vessels,' explains Dr Marsh. 'Try tofu in your next stir-fry and swap regular milk for soy in cereal and smoothies.' ■

Add some SUPER POWER to your pantry. You'd be nuts not to!

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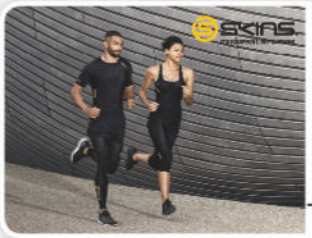

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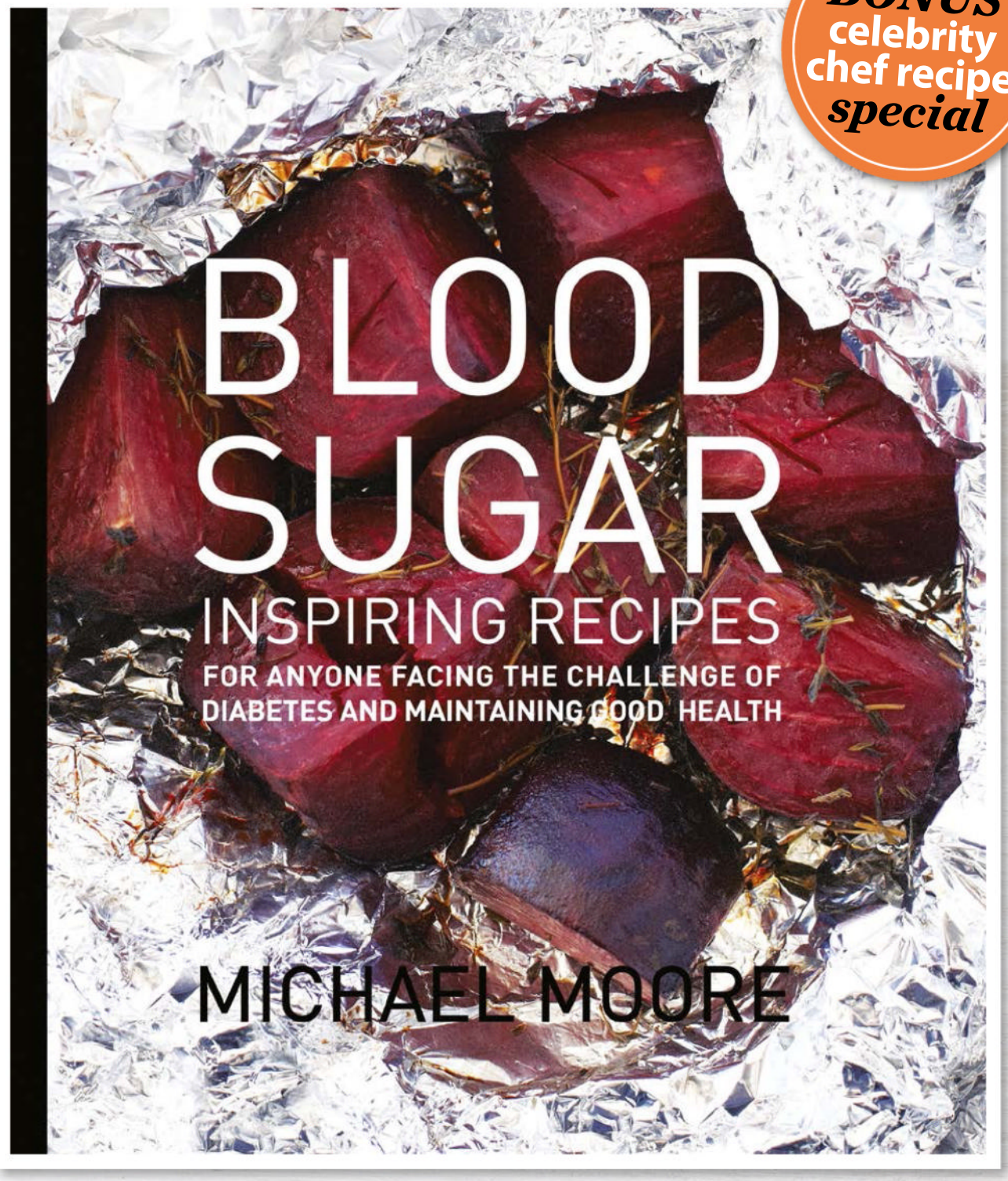


Renowned chef and *DL* Change4Life ambassador Michael Moore shares recipes from his ***top-selling cookbook* Blood Sugar.** 'Maybe the reason I became a diabetic was to tell people that they need to go and do something about it,' says Michael, who has type 2.

cut out and keep

My story

A diabetes diagnosis at 35 didn't slow down celebrity chef Michael Moore, but a major stroke at 43 stopped him in his tracks. Here he explains how managing his diabetes has become a key factor in living a happy and healthy life...

Through my life I have had a fire burning inside me, producing seemingly endless amounts of energy, resulting in a fearless confidence which pushes me to chase my (sometimes) wild dreams and to achieve the best results I can.

From a very young age I could cook. It came to me naturally. I thrived on stress and achievement. So when it came to choosing a career, I naturally chose a dynamic industry where I could be creative. I chose to be a chef.

Long hours, tough conditions and adversity were all part of the game. I was a lucky man, living my life doing what I loved to do. I still feel the same way and I often meet people in other professions who feel like me. They are nearly always in creative industries – art, music, food and design. I would love my kids to find this joy in their lives as they grow.

'Rise to the challenge and beat the odds, the competition is standing next to you.' This was my mantra, and I hoped it was going to help me fulfil my dreams.

I had been thinking like this every day from the age of 15. Then at 35 I was diagnosed with diabetes.

My doctor said I was the most unusual person to become a diabetic. I was very fit, active and healthy; I never smoked and I wasn't a big drinker. I had always looked after myself, even while I worked long hours in an industry full of vices like alcohol, drugs and cigarettes. In fact, sometimes the only way to get a break during the day was to go for a 'smoke' – even if you didn't!

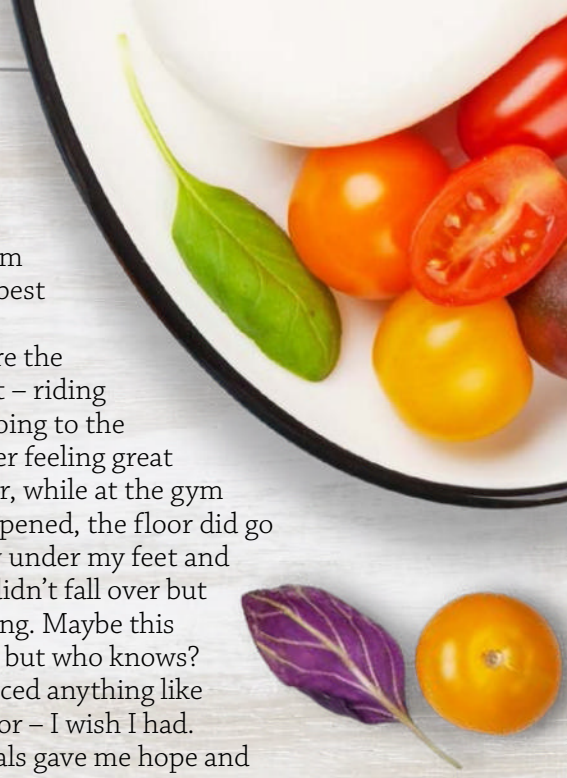
I had just opened our new restaurant and my wife Angela had given birth to our first child, Eloise. I had been working night and day. I was feeling tired and run-down, with an unusual thirst I just couldn't satisfy.

I drank about 10 bottles of lemon cordial in one night and ate a massive packet of jelly beans in one go. My body kept craving more sugar as the days went on. I realised something was wrong and when my doctor tested me the next day, my blood sugar reading was 29 (normal is about four).

I was sent to the endocrinologist and officially diagnosed with diabetes. I may even have had it my whole life. This came as a great shock.

I felt my life was in good order at that time. What could I possibly change to cope with this new diagnosis?

For the first year or two it didn't seem so hard. I was just taking a couple of pills a day, increasing my exercise and laying off the sweet things. I was probably in denial, thinking it would just go away. Gradually my visits to the



endocrinologist became further apart and less important. I was feeling fine and continued to pursue my very busy life.

I have since learnt this was a big mistake! Gradually my drug regime changed as the degeneration took effect and I became insulin dependent. I was still unaware of the serious health risks that diabetes carried.

Fast-forward eight years. One lazy Sunday I was out to dinner with my family. I remember it all so clearly. It felt like I'd been hit by a truck. One minute I was standing at the barbecue, the next minute I hit the floor.

My wife Angela was with me, and at first she thought I was having a hypo and called an ambulance. She realised it was more serious when I wasn't able to drink the lemonade to bring my sugars back up because my face was paralysed down one side. She looked me in the eyes and said, 'I think you've had a stroke, there's an ambulance coming.' My kids witnessed the whole thing and it took a while for Eloise, my daughter, to get the vision out of her head.

Angela's quick thinking saved my life. From that day, my life changed forever.

I was really scared for the first time in my life, I began to read and study what was going on. Some of the facts were really confronting. Why did this happen to me? There is no clear answer. There is a link to diabetes, but in my case there is still no firm conclusion as to why I had the stroke. I was told the chances of another stroke occurring within days after the initial one were quite high.

So I lay in hospital hoping that my body would not suffer another stroke. It was like waiting for the ball to drop into place on the roulette wheel; it seemed to spin forever.

If someone had said to me at this point, 'Give me everything you own and I'll guarantee that you can walk along the beach at the weekend with your wife and kids', I'd have taken the deal. Luckily I did manage to walk along the beach with my family on the day I was discharged from hospital. It was the best day of my life!

In the weeks before the stroke I felt super fit – riding my bike, running, going to the gym. I just remember feeling great and strong. However, while at the gym a week before it happened, the floor did go soft and feel spongy under my feet and my legs gave way. I didn't fall over but it was a strange feeling. Maybe this was a small warning but who knows? If you have experienced anything like this, go to your doctor – I wish I had.

All the professionals gave me hope and confidence that a positive outcome was possible. While I did cry a lot at this time, they all helped to support me.

'I was in denial, thinking diabetes would just go away'

The stroke was caused by a large blood clot that ran up my neck, through the clear veins of a fit young man. It fired into my brain and fortunately landed in a place where it did not cause too much damage. I feel like the luckiest man to be alive.

Obviously I had to rethink all of the food that I had been eating to manage diabetes and keep my health on track, but I was determined to continue eating quality food, so decided to write this book, to provide some light into the 'gastronomic wilderness' of diet food.

I have not written a 'diet book'. This is a collection of recipes I have developed over time to help keep me on track and still enjoy sensational food.

So if you have diabetes, or have had a stroke, or if you just want to eat good food while looking after your health, these recipes are for you.

I hope this book brings some joy to you or someone you love.

Michael Moore

'This is an iced breakfast treat. Use ripe fruit.'

Banana and berry *iced smoothie*

3 large ripe bananas, peeled and sliced
Juice and zest of ½ lemon
1 tablespoon agave syrup
1 cup non-fat natural yoghurt
1 cup low-fat milk
1 cup bran
1 punnet raspberries

SERVES 4

1 **Blend bananas** with lemon, agave, yoghurt, milk and bran until smooth. Pour into a deep dish. Cover with plastic wrap and freeze until semi-frozen for about 2 hours.

2 **To serve,** spoon balls of banana mixture and layer in tall glasses with fresh raspberries. Serve immediately.

nutrition info **PER SERVE** 921kJ, **protein** 11g, **total fat** 2g (sat. fat 0.8g), **carbs** 33g, **fibre** 11g, **sodium** 80mg. • **Carb exchanges** 2¼. • **GI estimate** low.

Stone ground *muesli hot cakes*

60g self-raising flour
60g stone ground wholemeal flour
¼ teaspoon bicarbonate of soda
½ cup whole rolled oats
2 tablespoons slivered almonds
1 tablespoon LSA (ground linseeds, sunflower seeds and almonds)
1 tablespoon agave syrup
2 eggs
250ml low-fat milk
Cooking spray

Vanilla yoghurt

1 cup low-fat natural yoghurt
2 tablespoons agave syrup
1 vanilla bean, split lengthways

Raspberry crush

1 punnet raspberries
1 teaspoon agave syrup

SERVES 4

1 Combine flours, bicarbonate of soda, oats, almonds and LSA in a large bowl and make a well in the centre. In a separate bowl, whisk together the agave, eggs and milk. Pour into the dry ingredients. Mix until combined. The batter should be the consistency of double cream. Set aside for 30 minutes.

2 Mix yoghurt and agave syrup together. Scrape seeds from vanilla bean and stir into yoghurt. Refrigerate until needed.

3 Place half the raspberries into a bowl with the agave and crush with a fork. Stir in remaining raspberries and set aside.

4 Heat a non-stick frying pan and spray with cooking spray. Ladle spoonfuls of pancake batter into pan and cook for about 1 minute, or until bubbles appear on the surface of the pancakes. Turn over and cook a further 45-60 seconds. Turn onto a plate and repeat with remaining batter.

5 Serve pancakes with raspberry crush and vanilla yoghurt. ➤

nutrition info **PER SERVE** 1507kJ, **protein** 15g, **total fat** 10g (sat. fat 2g), **carbs** 48g, **fibre** 7g, **sodium** 280mg. • **Carb exchanges** 3¼. • **GI estimate** low.

'A fantastic source of protein!'

Mushroom, pea & bocconcini *omelette*

1 tablespoon olive oil
1 clove garlic, crushed
120g mushrooms, quartered
90g fresh peas
3 eggwhites, lightly beaten
2 egg yolks, lightly beaten
Sea salt and freshly ground black pepper
4 baby bocconcini balls

SERVES 4

1 **Heat oil** in a small non-stick frying pan and cook garlic and mushrooms for 2-3 minutes. Add peas and cook for a further 2 minutes.

2 **Carefully fold** beaten eggwhites and yolks together. Season with salt and pepper. Pour over mushrooms and peas and allow to set for 15 seconds on the bottom of the pan.

3 **Drop bocconcini** over the top and place directly under a hot grill for 2 minutes, or until puffed up and cooked through.

4 **Serve wedges** with crusty sourdough or linseed bread.

nutrition info **PER SERVE (without bread)** 618kJ, **protein** 9g, **total fat** 11g (sat. fat 4g), **carbs** 2g, **fibre** 1.8g, **sodium** 116mg. • **Carb exchanges** N/A. • **GI estimate** N/A.

Apple & pear *paste*

4 ripe pears
4 red apples
2 tablespoons agave syrup
½ teaspoon vanilla bean paste
125ml pear juice

MAKES 1 MEDIUM-SIZED JAR

1 **Preheat oven** to 160°C.
2 **Peel, core and dice** pears and apples and place in a large baking dish. Add agave and vanilla paste; pour over juice.
3 **Bake in oven,** uncovered, for 1 hour. Stir occasionally while baking.
4 **Remove from the oven** and place apple and pears into a large saucepan. Mash fruit lightly with the back of a fork, bring to the boil and continue cooking until fruit has reduced and thickened.
5 **Spoon into a dish** and allow to cool.
6 **Place in a jar** with a seal-tight lid. This can be kept in the fridge for up to 2 weeks. ➤

nutrition info **PER SERVE (per tablespoon/20g)** 50kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 2.3g, **fibre** 1g, **sodium** 1mg. • **Carb exchanges** ¼. • **GI estimate** low.

Angel hair pasta
with salmon & chilli lime dressing

4 x 180g salmon fillets, skin on
Sea salt
3 tablespoons olive oil
Zest and juice of 2 limes
1 tablespoon agave syrup
1 long red chilli, seeds removed and finely shredded
2 kaffir lime leaves, finely shredded
80g angel hair pasta

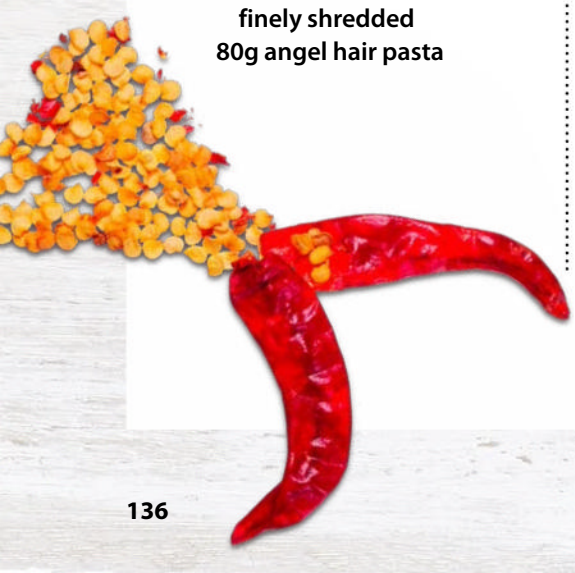
SERVES 4

1 Rub both sides of salmon fillets with a little sea salt and some olive oil. Cook in a heated non-stick frying pan for 1-2 minutes each side, leaving salmon rare.

2 Meanwhile, mix lime zest, juice, agave, chilli and kaffir lime leaves together, then whisk in the remaining olive oil.

3 Cook pasta in a large saucepan of boiling salted water until al dente. Drain well and rinse under cold water. Drain again, place into a bowl and mix through the chilli and lime dressing.

4 Spoon pasta onto plates and serve with salmon.



nutrition info **PER SERVE** 2447kJ, **protein** 41g, **total fat** 38g (sat. fat 7g), **carbs** 18g, **fibre** 2g, **sodium** 355mg. • **Carb exchanges** 1¼. • **GI estimate** low.

Romesco soup
with chicken & chorizo sausage

4 chicken drumsticks, skin removed
Freshly ground black pepper
4 red capsicums
½ chorizo sausage, diced
2 shallots, finely chopped
2 cloves garlic, finely chopped
Olive oil
1 teaspoon smoked paprika
1.25 litres chicken stock
2 tablespoons red wine vinegar
2 tablespoons almond meal

SERVES 4

1 Preheat oven to 180°C. Place chicken in a roasting dish and season with black pepper. Roast for 45 minutes.

2 Meanwhile, place capsicums on a tray and roast alongside chicken until skin blisters and they become soft. Remove chicken and capsicums from oven. Cover capsicums with a tea towel and allow to cool completely before peeling and removing seeds.

3 Warm a saucepan and cook chorizo, shallots and garlic in a little oil for a few minutes. Stir in paprika and cook for a further minute. Add chicken stock, red wine vinegar and peeled capsicums. Cover and simmer for 30 minutes. Remove chorizo with a slotted spoon and reserve for garnish.

4 Remove from the heat and stir in almond meal. Puree with a stick blender until smooth. Bring back to the simmer.

5 Shred chicken and mix with chorizo. Ladle soup into bowls and top with chicken, chorizo and black pepper. ➤

nutrition info **PER SERVE** 1349kJ, **protein** 35g, **total fat** 14g (sat. fat 4g), **carbs** 12g, **fibre** 6g, **sodium** 742mg. • **Carb exchanges** ¾. • **GI estimate** low.

'A fantastic source of protein! I often add low-fat fetta to this salad.'

Power food salad

½ x 300g can chickpeas
½ x 300g can four-bean mix
1 large red onion, finely diced
1 green apple
2 large celery sticks
1 carrot
Zest and juice of ½ lemon
6 eggwhites
1 cucumber, diced
250g fresh podded peas
½ bunch dill, leaves picked
180g hot smoked salmon, flaked
1 tablespoon pepitas
1 tablespoon sunflower seeds
2 tablespoons olive oil
Low-fat fetta cheese, to garnish (optional)

SERVES 4

1 **Rinse and drain** chickpeas and mixed beans. Place in a bowl with finely diced red onion.
2 **Using a juicer,** juice the apple, 1 celery stick and carrot. Mix with lemon zest and juice. Pour this juice over the chickpeas, beans and onion mix. Cover and refrigerate overnight.
3 **Lightly beat** the eggwhites and pour into a large hot non-stick frying pan. Cook a few minutes each side, then turn the omelette out onto a board and roll up. Allow to cool and slice finely.
4 **Strain the chickpeas** and beans mixture. Place into a large bowl, retaining the liquid. Finely slice the remaining celery stick and add it to the bean mixture. Stir in the cucumber, peas, dill, salmon, pepitas and sunflower seeds.
5 **Whisk half** of the reserved liquid with the olive oil and drizzle over the salad to serve. Crumble fetta over the top if desired.

nutrition info **PER SERVE** 1446kJ, **protein** 25g, **total fat** 16g (sat. fat 3g), **carbs** 20g, **fibre** 10g, **sodium** 628mg. • **Carb exchanges** 1⅓. • **GI estimate** low.

My 'hot' chicken *caesar salad*

6 skinless chicken thigh fillets
8 lean bacon rashers
2 bulbs garlic
1 tablespoon extra virgin olive oil
Freshly ground black pepper
3 thick slices sourdough bread
1 baby cos lettuce, washed

Dressing
3 anchovies, chopped (optional)
Zest and juice of 1 lemon
¼ bunch parsley, finely chopped, plus extra for garnish
2 tablespoons extra virgin olive oil
¼ cup light sour cream
2 hardboiled eggs, peeled and coarsely chopped
30g parmesan cheese, grated

SERVES 6

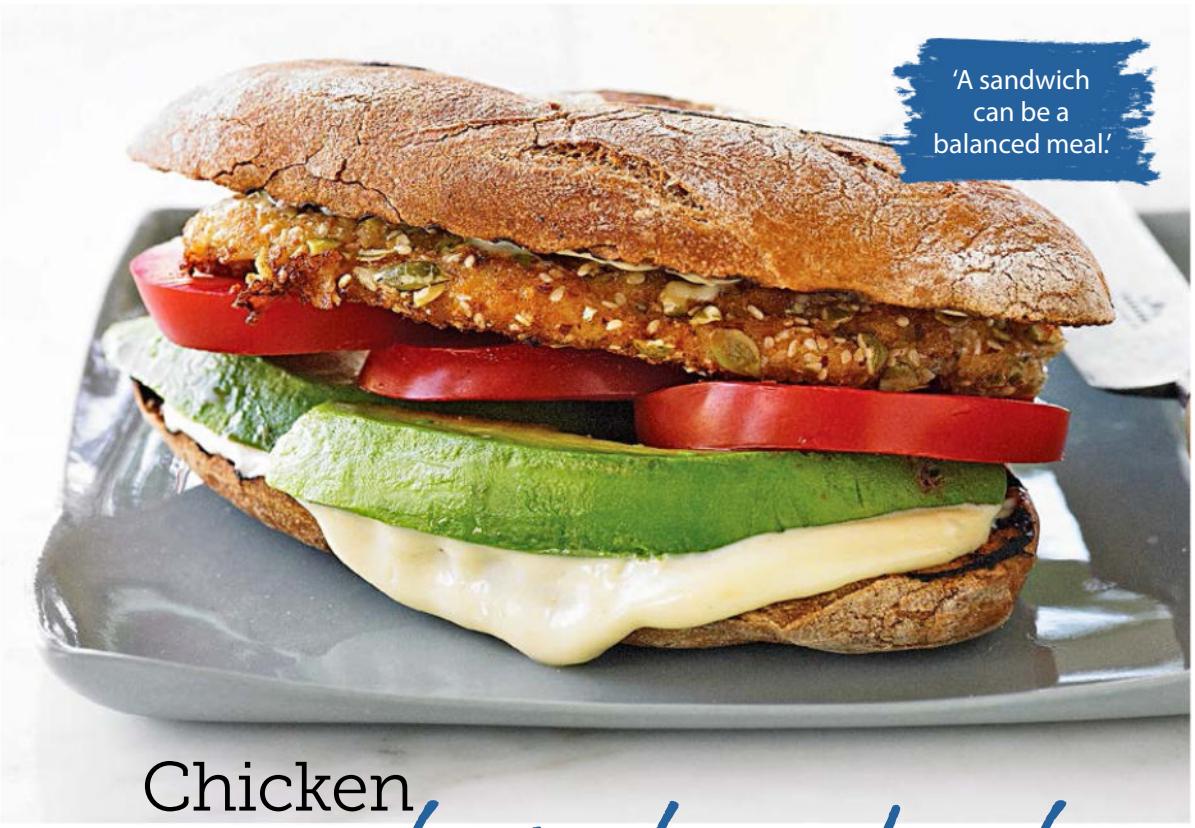
1 **Preheat oven** to 230°C.

2 **Place chicken,** bacon and garlic bulbs in a roasting dish. Drizzle over olive oil and season with black pepper. Roast in oven for 25 minutes. Rip up sourdough and add to roasting dish. Cook for a further 15 minutes. Set aside to cool, then roughly chop cooked chicken and bacon.

3 **Squeeze roasted** garlic meat from the skin into a mortar and pestle. Pound with anchovies, lemon and parsley until thick and smooth. Stir in oil, sour cream and eggs.

4 **To serve,** rip up lettuce and place in a bowl. Top with chicken, bacon and toasted bread. Drizzle over dressing and sprinkle with parsley and parmesan. ➤

nutrition info **PER SERVE** 1930kJ, **protein** 44g, **total fat** 25g (sat. fat 7g), **carbs** 13g, **fibre** 4g, **sodium** 990mg. • **Carb exchanges** 1. • **GI estimate** low.



Chicken *schnitzel sandwich*

2 chicken breast fillets
2 thick slices day-old sourdough bread
2 tablespoons almond meal
2 teaspoons sesame seeds
2 tablespoons pepitas
2 tablespoons plain flour
1 egg, beaten
Vegetable oil for shallow frying

Mustard mayonnaise

3 teaspoons Dijon mustard
¼ cup low-fat mayonnaise

To serve

Fresh sourdough rolls
Sliced avocado
Sliced tomato
Salad leaves

SERVES 4

1 Cut each chicken breast in half, slicing through the middle to make two thin fillets. Place between sheets of plastic wrap and pound lightly with a meat mallet to flatten slightly.

2 Remove crusts from sourdough and process in a food processor until fine crumbs form. Add almond meal, sesame seeds and pepitas and pulse 1 to 2 times extra. Tip onto a flat plate or tray.

3 Dust chicken fillets in flour and dip into beaten egg. Crumb in bread/nut mixture. Heat a little oil in a non-stick frying pan and cook fillets over medium heat until golden and cooked through. Drain on kitchen towel to absorb excess oil.

4 To make the rolls, mix mustard and mayonnaise together and spread over split rolls. Add avocado and sliced tomato followed by the chicken. Add extra salad leaves to taste.

nutrition info **PER SERVE** 2956kJ, **protein** 48g, **total fat** 22g (sat. fat 4g), **carbs** 74g, **fibre** 7g, **sodium** 963mg. • **Carb exchanges** 5. • **GI estimate** low.

'Easy to freeze in portions and warm up when you need a boost.'

Slow-cooked *osso bucco soup*

2 osso bucco (cut on the bone from butcher)
1 tablespoon extra virgin olive oil
1 onion, finely diced
1 carrot, finely diced
1 stick celery, finely diced
1 leek, washed and trimmed
1 bay leaf
1 sprig thyme
Splash of white wine
2 cups passata
1 litre beef stock
1 cup dried borlotti beans, soaked overnight

Gremolata
¼ bunch parsley, finely chopped
Zest of 1 lemon
Freshly ground black pepper

SERVES 4

1 **In a hot saucepan,** brown osso bucco in a little oil for 2 minutes each side. Add vegetables, bay leaf and thyme. Add white wine, passata and the beef stock. Bring to the boil. Add beans and cover with a lid. Simmer for 1½ hours, or until meat falls from the bone.

2 **Remove bones** from liquid and flake meat with a fork. Check consistency; if soup is too thick add a little more stock or water.

3 **To serve,** spoon meat into the centre of each bowl and pour over soup. Garnish with gremolata of parsley, lemon and freshly ground black pepper. ➤

nutrition info **PER SERVE** 1325kJ, **protein** 27g, **total fat** 10g (sat. fat 2g), **carbs** 22g, **fibre** 11g, **sodium** 768mg. • **Carb exchanges** 1½. • **GI estimate** low.

Angela's *veggie lasagne*

290g pumpkin, peeled and sliced
6 large roma tomatoes, halved
½ bunch thyme, leaves picked and chopped
Freshly ground black pepper
1 tablespoon extra virgin olive oil
Cooking spray
12 dried lasagne sheets
210g low-fat ricotta
210g low-fat fetta
½ bunch sage, leaves picked and chopped
Zest of 1 lemon
2 tablespoons pepitas

SERVES 4

1 **Preheat oven** to 180°C.
2 **Place pumpkin** and tomatoes in a roasting tray, sprinkle with thyme leaves and pepper, drizzle over oil. Roast in oven for 25-30 minutes, or until soft. Remove and cool slightly.
3 **Grease a small** lasagne dish with cooking spray and line the base with sheets of lasagne to fit. (You may need to break some in half.)
4 **Spoon over half** of the cooked pumpkin and tomato and crumble over a third of the ricotta, fetta and chopped sage. Repeat with a second layer of lasagne sheets, pumpkin and tomato, cheese and sage.
5 **To finish,** top lasagne with remaining pasta sheets and sprinkle over remaining cheese, sage, lemon zest and pepitas. Roast in oven for 45-50 minutes.

nutrition info **PER SERVE** 2368kJ, **protein** 32g, **total fat** 20g (sat. fat 8g), **carbs** 58g, **fibre** 10g, **sodium** 752mg. • **Carb exchanges** 4. • **GI estimate** low.

Crusted beef with sticky sweet potato and mustard cream

Sticky sweet potato
700g sweet potato
1 tablespoon agave syrup
2 tablespoons light soy sauce

Cooking spray
480g beef eye fillet
90g sunflower seeds
90g whole almonds
90g walnuts
60g low-fat spread or butter

Mustard and horseradish cream
2 tablespoons horseradish sauce
2 tablespoons wholegrain mustard
1 clove garlic, crushed
1 shallot, finely chopped
¼ bunch parsley, finely chopped
90g light sour cream
Sea salt and freshly ground black pepper

SERVES 6

1 **Preheat oven** to 200°C.
2 **Peel and cut** sweet potato into large chunks. Coat well with agave and soy sauce and place on a shallow baking sheet. Roast in oven for 35 minutes, turning over halfway through the cooking time.
3 **Spray beef** with cooking spray and seal evenly in a hot non-stick frying pan for 2 minutes each side, or until brown. Remove and cool.
4 **Process seeds and nuts** to a coarse crumb. Add butter and process until just mixed through. Press nut crust onto beef and bake in a moderate oven (180°C) for 25 minutes. Set aside to rest for 10 minutes before slicing.
5 **Mix mustard and horseradish cream** ingredients together and season to taste.
6 **Serve sliced beef** with sweet potato and mustard and horseradish cream. ➤

nutrition info **PER SERVE** 2438kJ, **protein** 31g, **total fat** 39g (sat. fat 6.4g), **carbs** 23g, **fibre** 8g, **sodium** 542mg. • **Carb exchanges** 1½. • **GI estimate** low.

Open cannelloni with pork meatballs

485g lean pork mince
1 clove garlic, crushed
½ small red onion, finely chopped
1 teaspoon crushed black peppercorns
Sea salt
1 eggwhite
Cooking spray
300ml bottled Napolitana sauce
350g fresh egg lasagne sheets
60g grated parmesan

SERVES 6

1 Preheat oven to 180°C. Mix mince with garlic, onion, black pepper, salt and eggwhite in a bowl. Dip your hands in cold water. Roll mixture into 14 even meatballs and set aside.

2 Grease a large baking dish and spoon a little Napolitana sauce over the base.

3 Trim lasagne sheets into squares and place a meatball into the centre of each one. Place into baking dish; repeat with remaining lasagne and meatballs.

4 Pour over remaining Napolitana sauce to cover and sprinkle with parmesan. Bake in oven for 45-50 minutes.

nutrition info **PER SERVE** 1771kJ, **protein** 28g, **total fat** 13g (sat. fat 5g), **carbs** 45g, **fibre** 3g, **sodium** 470mg. • **Carb exchanges** 3. • **GI estimate** low.

Pumpkin-crusted fish on mash

1 medium-sized pumpkin, peeled and cut into cubes
1 orange, quartered with peel left on
Sea salt and freshly ground black pepper
1 cup non-fat natural yoghurt
¼ bunch basil, leaves picked and shredded
½ cup raw pumpkin seeds
4 x 160g firm white fish fillets
Cooking spray

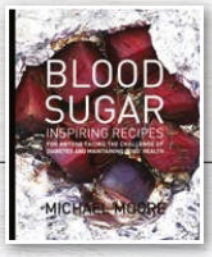
SERVES 4

1 **Preheat oven** to 180°C.
2 **Place pumpkin** and orange in a roasting dish and roast for 45 minutes or until pumpkin is cooked.
3 **Squeeze half the orange** segments into the pumpkin and mash coarsely with a fork. Season with salt and pepper and set aside to keep warm.
4 **Squeeze juice** from remaining orange segments into yoghurt and stir in basil. Season to taste.
5 **Crush pumpkin seeds** in a mortar and pestle until they have the consistency of coarse breadcrumbs.
6 **Season fish** and press each fillet into the pumpkin seeds, ensuring it is evenly covered. Spray lightly with cooking spray and cook in a non-stick frying pan for 2-3 minutes each side.
7 **Serve the fish** on the warm pumpkin mash with the orange and basil yoghurt. ■

nutrition info **PER SERVE** 1623kJ, **protein** 44g, **total fat** 13g (sat. fat 3g), **carbs** 18g, **fibre** 6g, **sodium** 198mg. • **Carb exchanges** 1¼. • **GI estimate** low.

If you change the way you shop, cook and eat, you will have a richer life now. This is the best day of your life!

Michael Moore at the launch of the *DL* Change4Life campaign



ALL RECIPES APPEAR COURTESY MICHAEL MOORE AND ARE EXTRACTED FROM HIS COOKBOOK *BLOOD SUGAR* (NEW HOLLAND, $45, HARDBACK).

PHOTOGRAPHY STEVE BROWN (RECIPES), DAVID MCKELVEY, GETTY IMAGES **STYLING** KATHY MCKINNON

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Good to *know*

Say what? If you're not always sure about the ***terms we use,*** here's an easy rundown

BLOOD GLUCOSE LEVEL (BGL)

This refers to the amount of glucose (a type of sugar) in the blood. Everyone has glucose in their blood, but it is usually kept tightly controlled by the hormones insulin and glucagon. In someone with diabetes these hormones are not produced or don't work properly, so their BGLs can rise too high and, with some types of medication or insulin, drop too low. A normal BGL is between about 4 and 8 millimoles per litre (mmol/L).

CARBOHYDRATE

Along with fat and protein, carbs are a major source of energy in our diet. They are found in breads, cereals, grains, starchy vegetables, legumes, fruit and some dairy products. Carbohydrates break down to glucose during digestion and raise BGLs, providing the body with energy.

CARBOHYDRATE EXCHANGE

This is a way of measuring the carbohydrate in foods. It's used in diabetes meal planning to help manage BGLs and to match carb intake with insulin or medication. An 'exchange' is the amount of food that contains 15g of carbohydrate. For example, one average slice of bread, one medium apple and 300ml of milk each contain 15g of carbs, or one carb exchange.

DIABETIC KETOACIDOSIS (DKA)

Usually only in type 1 diabetes, DKA occurs when ketones (the product of fat breakdown) build up in the blood and make it acidic due to lack of insulin. It can be life threatening.

GLYCEMIC INDEX (GI)

The ranking of carb foods according to the speed at which they cause BGLs to rise and fall. Foods that are quickly digested and absorbed are high GI, while low-GI foods break down slowly, gradually releasing glucose into the bloodstream.

HBA1C

This is a blood test that reflects the average amount of glucose in your blood over the past 2-3 months.

HYPERGLYCAEMIA

A condition where BGLs are higher than normal, it can result from factors such as not taking enough medication or insulin, eating more or being less active than usual, stress or illness. Symptoms include thirst, frequent urination, fatigue and weight loss.

HYPOGLYCAEMIA

This develops when BGLs drop too low. It occurs in people treated with insulin or some oral medications. Symptoms include feeling dizzy, shaky and confused. Treat it immediately by eating quickly absorbed carbs, such as glucose tablets or jelly beans.

ABOUT YOUR TYPE

TYPE 1

- A condition that occurs when the body's immune system destroys insulin-producing cells in the pancreas, causing blood glucose levels to rise to dangerous levels.
- **Treatment:** Insulin by injection or with a pump.

TYPE 2

- Blood sugar levels rise because the pancreas doesn't produce enough insulin or the body doesn't respond to insulin, known as insulin resistance.
- **Risk factors:** Family history, being overweight, or of an ethnic group prone to diabetes, such as indigenous people, those from south-east Asia, India and the Middle East.
- Type 2 can often initially be managed with diet and exercise, but most people will need medication, and possibly insulin, with time.

GESTATIONAL

- This develops during pregnancy, but usually disappears after birth. These mothers have an increased risk of type 2 diabetes later in life. ■

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Check out these products. They may make managing diabetes easier

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ARE YOUR EARS RINGING?

Recent studies show that hearing loss and tinnitus are more common and start earlier for people with diabetes. Sound Therapy is a pleasant home-based program which enhances ear and brain health, relieving tinnitus, insomnia or stress and increasing energy levels. Call 1300 557 796 for a free info pack or visit soundtherapy.com.au/DLOffer5

RECIPE *index*

BREAKFAST

89 Banana and chia smoothie
83 Eggs Benedict
89 Fruit sourdough with goat's cheese and fig
82 Poached egg
89 Quick eggs with tomato, spinach and cheese

SNACKS

88 60-second low-carb snack
66 Banana and fig bread
69 Coconut, almond and cranberry biscuits
66 Date and chocolate brownies
68 Pizza muffins
88 Poached peaches

LIGHT MEALS

52 Caramelised onion, kale and ricotta tart
52 Date, orange and walnut salad
53 Mexican bean and egg wrap
68 Pork and vegetable sausage rolls
47 Prawn and pork dim sims
54 Quinoa and vegie tabouli
54 Roast pumpkin, ricotta and spinach sandwiches

MAINS

78 Beef, kale and pine nut pizza
61 Chicken rissoles with iceberg slaw
78 Coconut and pumpkin poached fish
44 Combination chow mein
79 Eggplant, pork and rosemary lasagne
60 Fish souvlaki wrap
79 Italian-style baked meatballs
61 Lamb, pea and bean salad
44 Lemon and honey chicken
79 Open peri-peri chicken burgers
46 Peppered garlic beef noodles
60 Ratatouille with potato pancake
80 Roasted chickpea, salmon and pomegranate salad
80 Seafood and tomato pesto pasta
46 Steamed soy and ginger fish
5 Very vegie fritters with avocado yoghurt

DESSERTS

36 Choc-chip and macadamia blondies
37 Chocolate and strawberry mousse
38 Chocolate hazelnut ice-cream
36 Dark chocolate espresso tart
38 Red velvet cupcakes with white chocolate ganache

RECIPES *by Michael Moore*

142 Angela's veggie lasagne
136 Angel hair pasta with salmon & chilli lime dressing
135 Apple & pear paste
132 Banana and berry iced smoothie
140 Chicken schnitzel sandwich
143 Crusted beef with sticky sweet potato and mustard cream
134 Mushroom, pea & bocconcini omelette
139 My 'hot' chicken caesar salad
144 Open cannelloni with pork meatballs
138 Power food salad
145 Pumpkin-crusted fish on mash
137 Romesco soup with chicken & chorizo sausage
141 Slow-cooked osso bucco soup
133 Stone ground muesli hot cakes

KEY Freezable · Gluten free · Gluten-free option · Vegetarian

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

PHOTOGRAPHY GETTY IMAGES

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Memo to the

Got something on your mind? ***DL readers share*** what they wish

‘I’ve had type 1 for 25 years. I am still human! I wish others saw that, too.’

– Jodi Kirker

THERE ISN’T ALWAYS SUPPORT AVAILABLE

‘My daughter was diagnosed with diabetes two weeks before starting kindy. When it came to educating her school, NSW Health just pointed them to an online portal run by Diabetes NSW. I had a complete lack of knowledge about diabetes and suddenly I had to educate the school, too.’

– Ney Angi Matti

Editor’s note: Contact your local Diabetes Australia office to discover what resources are available in your state.

‘If people knew I didn’t do this to myself it would be a start!’

– Hollie Gill

IT’S HARD ON PARTNERS, TOO

‘The toughest thing about loving someone with diabetes is worrying I am going to come home from work one night and find my husband in a diabetic coma. He refuses to do daily tests and even getting an HbA1c is hard. He treats the disease like a cold – something that will go away with time.’

– Colleen Jackson-Pascoe

Equipment is expensive

‘My wife has a continuous glucose monitor and it has been a game changer. Since she has started using it her diabetes control has dramatically improved, along with her quality of life. Being able to monitor and adjust the level prior to activity allows her to avoid hypos. Unfortunately the cost means we are regularly scraping the bottom of the barrel in order to afford it.’

– Patrick Warren

‘When my son was diagnosed I got told, “He’ll grow out of it.” If only.’ *– Sian Schneider*

universe...

others would understand about the realities of living with diabetes

A lack of a cure can be frustrating

'It's time for a cure. My child has endured enough. She deserves the life others take for granted: a life free of diabetes.'
– Patricia Samios

IT TAKES A TOLL ON YOUR EMOTIONS

'I'm a newly diagnosed type 1. I'm 42 years old and was previously a strong, independent woman. But since diagnosis, I have been overwhelmed with panic attacks. I find my anxiety over my numbers all consuming. Hopefully the anxiety will subside some time soon.'
– Louise Etchell

It causes mood swings

'I get emotional and frustrated when I'm even mildly hyper, and snappy and short-tempered when I'm hypo. Diabetes is, in every way, an unpredictable disease.'
– Andrew Canet

'Just because I look fine on the outside doesn't mean I'm not sick.' ***– April Williams***

Other people are judgemental

'When I had gestational diabetes, it hurt to prick my fingers and inject insulin. But it was the judgemental people who looked at me like I was a junkie when I was injecting that hurt me the most.'
– Merinda Brooks

SUGAR DOESN'T CAUSE DIABETES

'This morning, I had to tell my 17-year-old that cake does not cause diabetes. Although excess weight is a contributing factor, there is so much more to this disease. I also told her it's that mentality that stops people from getting help. I've had type 2 for 15 years now and I still hate it when people assume you are fat, ergo you deserve to be diabetic.'
– Libby Lowdell

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Postcards from the SHED

As he embarks on a 'new me' campaign, everyone's favourite chippie ***Rob Palmer*** reflects on the ups and downs of every stage of life

After a run on the beach this morning – part of the 'new me' campaign that is miraculously into its second month – I drifted aimlessly into a breakfast of coffee and a chocolate cupcake. And there it was, that diabetes double whammy: a lifestyle change promptly followed by a poor dietary choice.

The cupcake thing may just be a blip on the radar that can be ironed out by good management, but the lifestyle change can bring on a tsunami of diabetic awkwardness requiring attention and assistance.

Probably my first significant lifestyle change was back when Mum and I agreed it was time for me to inject myself and check my own sugars. Initially, I was falsifying results all over the shop (remember, meters didn't record BGLs back then!). I even guessed a few results to avoid the dreaded finger prick. Mum was onto me pretty quickly though, and with some assistance from my endocrinologist, we got the hang of it.

Next stop: puberty. I'll leave that stage back in the past where it belongs, except to say, hang in there – it doesn't last forever.

When I left school and started labouring full time, I got another rude shock. It wasn't the physical nature of the work, but the amount of sugar it was sucking out of me. I was on my backside most days by 8.30am, swigging cola and shaking. I can't remember my BGLs at the time, but I must've cut my morning insulin in half by the time I'd got the hang of working life, and reduced a good chunk of my long-acting insulin too.

> *Note to self:* ***no matter how far you've run, a CHOCOLATE CUPCAKE is not breakfast food!***

How about having kids? One of life's greatest joys, for sure. I realised very quickly that as a parent I will never not be tired. I also learnt that when you are in charge of a child you *must* have one eye on what you are doing, one eye on what they are doing and a third, sentry eye on your BGLs. At times, it's been easy to become so lost in the frantic search for a spare nappy or car keys that my plummeting BGLs went unnoticed. Whoops! Should have had lunch an hour ago.

Over 30 years there have been plenty of changes in my life. One thing that has never changed is that for each new stage, an adjustment in diabetes management is required. The adjustment may vary and I may not always succeed the first time, but at least I know it has to happen, and I make the effort to get it right.

Who knows how long the 'new me' campaign will last? I don't, but I'll certainly adjust my diabetes management accordingly – and save chocolate cupcakes for birthday parties. ■

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